



APG NEWS

Published in the interest of the people of Aberdeen Proving Ground, Maryland

www.TeamAPG.com

THURSDAY, FEBRUARY 5, 2015

Vol. 59, No. 5

Personnel reduction session draws 500+

By **YVONNE JOHNSON**
APG News

More than 500 people concerned with possible force reductions that could shrink the Soldier and civilian population at APG by 4,300 personnel, attended a public listening session at the Harford Technical High School Amoss Center Jan. 29.

Attendees included current and past APG employees as well as local politicians and state representatives, business leaders, civic groups and educators with ties to the installation.

A team from the Department of the Army Force Management Directorate in the Pentagon, led by Col. Karl Konzelman, hosted the Army Force Structure & Stationing Listening Session. During opening remarks, he was joined by APG Senior Commander Maj. Gen. Bruce T. Crawford and Garrison Commander Col. Gregory McClinton.

Maryland Adjutant General, Maj. Gen. Linda M. Singh also shared remarks in support of the

See **VOICES**, page 17

inside

FREESTATE

ChalleNGe academy inducts 108 cadets into Class #44.

Freestate | 4

TECHNOLOGY

Improved training for human, signals intelligence system.

CERDEC | 7

HEALTH

Non-combat injuries most common injury for U.S. Soldiers.

Non-combat | 8

VETERANS

Employment resources available for veterans, soon-to-be transitioning Soldiers

Job | 12

online



www.TeamAPG.com/APGNews



facebook.com/APGMd



twitter.com/USAGAPG



flickr.com/photos/usagapg/



ICE system
http://ice.disa.mil/
Facebook, http://on.fb.me/HzQlow



Photo by Molly Blosser

From left, Kirk U.S. Army Health Clinic flag detail Soldiers, Sgt. Jose Gomez, Staff Sgt. Randolph Miguel, Spc. Chase Potter and Sgt. Xi Liu fold the American flag during Retreat as a tribute honoring fallen Army Nurse Corps officer and former KUSAHC nurse Capt. Maria Ines Ortiz during a ceremony at the garrison flag pole Feb. 2.

Kirk honors fallen nurse

By **STACY SMITH**
APG News

Kirk U.S. Army Health Clinic recognized the 114th birthday of the Army Nurse Corps by honoring fallen ANC officer and former KUSAHC nurse Capt. Maria Ines Ortiz with a flag tribute and ceremony at

the garrison flag pole Feb. 2.

The flag was flown all day in Ortiz's honor at the garrison flag pole in front of Bldg. 6002, from the moment it was raised during Reveille at 6:30 a.m. until it was lowered by the KUSAHC flag detail during Retreat at 5 p.m.

Lt. Col. Leonetta Oliphant opened the ceremony by thanking all those in attendance for showing their support to Army nurses; she then read the names of Army nurses killed in recent conflicts. She was followed by Maj.

See **TRIBUTE**, page 3

'Snow Men' clear winter roads

By **YVONNE JOHNSON**
APG News

A wide range of APG personnel are tasked with clearing the installation's roadways and parking lots during inclement weather.

Though outside contractors clear some areas, the majority of the garrison and garrison-supported activities are cleared by personnel in the garrison's Directorate of Public Works.

On APG South (Edgewood), drawn largely from the Operations and Maintenance Division and led by Site Manager Anthony Hale, Snow Team members are the same workers who mow the installation's hundreds of acres of grass during the spring, summer and fall and respond to other weather emergencies such as hurricanes.

Winter provides no respite for them. If anything, their responsibilities increase as they are tasked to respond to all winter weather events.

This often means leaving their families for extended periods while they pre-treat the installation roadways and parking lots and prepare vehicles and equipment, often after their regular work day has ended and before the actu-

See **SNOW**, page 17



Photo by Amanda Rominiecki

Tire tracks leave a trail on snow-covered Hopkins Road on APG North (Aberdeen) Jan. 21. The majority of APG's response to inclement weather comes from the Directorate of Public Works. Members of the Snow Team, charged with clearing the installation's roadways and parking lots, include volunteers whose day jobs range from machinists to carpenters.

Dailey assumes role as 15th Sergeant Major of Army



Photo by Staff Sgt. Chuck Burden

Sgt. Maj. Daniel A. Dailey addresses the crowd at his swearing in ceremony as the 15th Sergeant Major of the Army, Jan. 30, at the Pentagon. Dailey will serve as the Army chief of staff's personal advisor on matters affecting the Army's enlisted force.

By **C. TODD LOPEZ**
Army News Service

The 15th sergeant major of the Army was sworn into office Jan. 30, bringing with him a wealth of experience from both the operational and institutional Army.

Before administering the oath of office to Sgt. Maj. of the Army Daniel A. Dailey, Chief of Staff of the Army Gen. Ray Odierno explained what it is he believes Dailey will bring to the office.

The general said the first time he met Dailey, the noncommissioned officer had been a platoon sergeant. Subsequently, he served as a battalion sergeant major, brigade sergeant major, and division sergeant major. Dailey also has in-depth institutional experience, Odierno said, having served as the command sergeant major at TRADOC.

"He brings this broad experience of both understanding the institutional side as well as the tactical and opera-

See **SMA**, page 18

index

Street Talk | 2
APG History | 13

Mark Your Calendar | 6
Crossword | 16

MWR Events | 10
Did You Know? | 18

At Your Service | 12
Snapshot | 19

STREET TALK

Have you stuck to your New Year's resolution?

"Like everyone else, my resolution was to go to the gym. I have a partner who I always go with – so on the days that I don't want to, he's always like, 'nah, I need you to go' and vice versa. I've found that it's a little bit easier to have someone to go with you who is motivated by the same thing."



Staff Sgt. Dennis Luengo
Maryland Air National Guard

"I have made some resolutions in past years that I've started and never finished. So that's why I didn't make one this year."



Theresa Smith
CECOM

"My resolution of course is what normally most people do – to stay in the gym and work out, and I have been. I go at least four times a week. I've been gaining more muscle. I was actually a lot healthier a while back, but I ended up hurting myself, so my goal was to try to get back my strength and keep working out. It's been going pretty well so far."



George Hernandez
Contractor

"I've stuck to mine. I'm trying to lose a little weight, and I come over here [athletic center] every day that I can, and I run and lift weights."



Sgt. Junius Thompson
1729th Maintenance Company

"I come to the athletic center. My goal was to lose weight and make myself healthy. I grab a couple of friends and say, 'let's go!' We encourage everyone and say, 'you need to be there!'"



Pamela Pan
CECOM

Leave purple at home, wear red Friday, Feb. 6

By AMANDA ROMINIECKI
APG News

For the Baltimore area, most Fridays are known as "Purple Friday." But this Friday, Feb. 6, it's time to leave your purple in the closet and don something red instead.

It's hard to believe there is one disease that claims the lives of more women each year than every form of cancer combined – breast cancer included. A disease that many wrongly believe impacts men more often than women.

Twelve years ago, *The Heart Truth* campaign was established by the National Heart, Lung and Blood Institute and the American Heart Association, designating the first Friday of February as National Wear Red Day to raise awareness of the No.1 killer in women: heart disease.

While heart disease risk begins to rise in middle age, heart disease develops over time and can start at a young age, even in the teen years. It's never too early, or too late, to take action to prevent and control the risk factors for heart disease.

According to the American Heart Association, for women ages 40-60, having just one risk factor increases your risk for heart disease by 40 percent. Multiple risk factors multiply your risk.

Know the risk factors for heart disease that you have control over:

- Smoking
- High blood pressure
- High cholesterol and high triglyceride levels
- Overweight/obesity
- Physical inactivity
- Diabetes and pre-diabetes.



A program of the National Institutes of Health

Wear your favorite red dress, red shirt or red tie on Friday to inspire women to take action to protect their hearts and encourage your coworkers, family and friends to do the same.

February is observed as American Heart Month. Heart disease is largely preventable, for both men and women. It's important to know the signs and how to prevent it. Read more from Public Health Command nurse Maj. Jasmine Peterson on page 12.

To find out more about women and heart disease, visit The Heart Truth Web pages at www.hearttruth.gov or call the NHLBI Health Information Center at 301-592-8573.



Word of the Month: RESPECT

Respect (ri' spekt) noun: A feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements.

Why We Serve connection: As a member of the most-trusted profession, everything I do reflects on me, and my fellow Soldiers and workers. My talents, my personal habits and traits, my demeanor, my professionalism, my accomplishments Serve as an example to others and I must take that into account in everything I do, in every course of action I choose to take. What I do, what we do, reflects on the greater whole. I must do my part to earn that respect and be a positive influence in the world today.

Respect is something that has to be earned each and every day. It's not a haphazard or freak occurrence. The daily consistency in the conduct of my actions will earn great credibility and that credibility will become respect in the long run. If each member of the organization executes their actions in such a way that respect is earned, the perceived value and worth of that organization will continue to grow.

By SGT. JUAN HOWARD
CECOM Chaplain Assistant

CIVILIAN EMPLOYEES' RIGHTS TO UNION REPRESENTATION (WEINGARTEN NOTICE)

It is required to annually notify employees that are represented by a union of their right to union representation at any examination by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action. In accordance with the requirements of 5 USC 7114(a) (2), this notice constitutes the required notification for 2015. The text of the law is as follows:

An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at: (B) any examination of an employee in the unit by a representative of the agency in connection with an investigation if – (i) the employee reasonably believes that the examination may result in disciplinary action against the employee; and (ii) the employee requests representation.

For more information, contact Linda Bryant at 410-278-4921.

APG SEVEN DAY FORECAST



APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 5,200. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by The Baltimore Sun Media Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising and mailing. To obtain a yearly subscription, which costs \$16, the price for weekly mailing, or for problems with incorrect mailing addresses, contact Customer Service at 139 N. Main Street, Suite 203, Bel Air, MD 21014, or call 410-838-0611. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or The Baltimore Sun Media Group of the products or services advertised. For advertising matters, call The Baltimore Sun Media Group, 410-332-6300. Send articles or information for publication to the APG Public Affairs Office, Building 305, IMAP-PA, APG, MD 21005-5001; send a fax to 410-278-2570; contact the Editor Amanda Rominiecki at amanda.r.rominiecki.civ@mail.mil, contact Assistant Editor Yvonne Johnson, 410-278-1148

or email yvonne.johnson5.ctr@mail.mil, or contact Reporter Rachel Ponder, 410-278-1149 or email rachel.e.ponder2.ctr@mail.mil.

Deadline for copy is Thursday at noon for the following Thursday's paper.

Staff

APG Senior Commander ..Maj. Gen. Bruce T. Crawford
APG Garrison Commander .. Col. Gregory R. McClinton
Public Affairs Officer Kelly Luster
Editor Amanda Rominiecki
Assistant Editor..... Yvonne Johnson
Contract Photojournalists..... Rachel Ponder
..... Stacy Smith
Graphic Designer/Photographer Molly Blossie
Website www.TeamAPG.com/APGNews

Tribute remembers KUSAHC nurse

Continued from Page 1

Slavomir Bilinski, KUSAHC medical review officer, who delivered the benediction. APG Senior Commander Gen. Bruce T. Crawford was in attendance and spoke about the importance of those who serve our Army behind the scenes.

“In order to accomplish what our Army has done over the last 14 years, we needed some unsung heroes to be a part of that. Their sole purpose in life is not self, but it is service to others. So when I think about those unsung heroes that are out there at the very foundation of this great Army, and at the very foundation of this great nation, I often think about the Nurses Corps,” Crawford said.

Retired nurse Heide Jackson offered words of remembrance for her fallen comrade. Jackson worked alongside Ortiz at KUSAHC and said she “always presented each day with a smile and had the special ability to calm the most distressed patient or employee.”

The ceremony concluded with a recitation of the Army Nurses Creed and an a capella rendition of “You Raise Me Up” performed by Spc. Javon Griffith.

When asked why it’s important to recognize the ANC and all Army nurses who have served this country, Capt. Traci Ho said, “It’s good to remember and remind ourselves why we joined from time to time. It is also imperative that we embrace the past, engage the present and envision the future of the Army Nursing Corps.”

Ortiz was assigned to KUSAHC as the Chief Nurse of the General Medicine Clinic prior to her reassignment to the 28th Combat Support Hospital, 3rd Medical Command in an area known as the “Green Zone” in Baghdad, Iraq in September 2006.

On July 10, 2007, the green zone came under a heavy mortar attack. Ortiz, who



(Clockwise top left) From left, Sgt. David Clark and Sgt. Xi Liu stand at attention as Staff Sgt. Willie Houston prepares to present the flag to fellow KUSAHC Soldiers; The KUSAHC flag detail lowers the flag during Retreat; From left, Retired nurse Heide Jackson, Lt. Col. Leonetta Oliphant and Maj. Iquo Andrews stand as Spc. Javon Griffith sings an a capella rendition of “You Raise Me Up” during a flag ceremony honoring fallen Army Nurses Corps officer and former KUSAHC nurse Capt. Maria Ines Ortiz on APG North (Aberdeen) Feb. 2.

Photo by Kristopher Joseph

was not wearing body armor at the time of the attack and was returning to the hospital from the gym, was mortally wounded. She was the only U.S. citizen among three people killed. Ortiz was the first Army nurse to perish since the Vietnam War.

The flag flown in her honor was folded and will be placed in the KUSAHC Ortiz Training Center, a multi-purpose room dedicated to the late nurse.

The ANC has provided care to U.S. Army Soldiers and personnel since 1901, when the group was established as a permanent corps within the U.S. Army Medical Department. The ANC mission is to provide responsive, innovative, and evidence based nursing care integrated on the Army Medicine Team to enhance readiness, preserve life and function, and promote health and wellness for all those entrusted to our care.

For more information about the Army Nurse Corps, visit <http://armynursecorps.amedd.army.mil/>.



Photo by Molly Blossie



Photo by Molly Blossie

ChalleNGe Academy inducts new cadets

Story and photos by **RACHEL PONDER**
APG News

The Maryland National Guard Freestate ChalleNGe Academy inducted 108 cadets into Class #44 during a Crossover Ceremony at the APG South (Edge-wood) recreation center Jan. 26.

The Freestate ChalleNGe Academy gives Maryland teens who have withdrawn from high school a unique opportunity: a second chance at an education. For 22 weeks, cadets ages 16-18 voluntarily live in the academy’s residential program – a structured, disciplined, military-style environment.

The crossover ceremony came just two weeks after 115 candidates were in-processed and began the acclimation phase of the FCA program, during which time the teens adjust to their new environment, rigorous schedule and a complete technology and smart-phone blackout.

At the end of the two weeks, the teens must decide if they want to stay in the program. Those who elected to continue were inducted as cadets.

During their stay at FCA, cadets are provided with academic, job and life-skills training that will prepare them for success after they leave FCA. The five-month residential portion of the program is followed by a year-long post residential phase.

At the crossover ceremony, FCA Director Charles Rose advised the cadets to use their time wisely while in the program. He said all the cadets will have the opportunity to take the General Education Development (GED) test at the end of the cycle, at no cost to the cadet.

In addition to the GED all cadets will take the Armed Services Vocational Aptitude Battery a multiple aptitude test that measures abilities and helps predict future academic and occupational success in the military. Rose noted that many FCA staff members have served in the military.

“You are going to have that opportunity to learn and to grow and to understand what it means to be productive and successful,” Rose said.

Class #44 is the first in which cadets

will have the opportunity to go off post for vocational training. The FCA has partnered with the National Center on Institutions and Alternatives (NCIA) to provide vocational training in horticulture, culinary arts, automotive, barbering and cosmetology for 20 weeks, for 40 cadets.

“Today is the first day of your successful and productive life,” Rose said. “We are here to help you at any time.”

FCA Assistant Director Charles Holloway told the teens that they have to be relentless in pursuit of their dreams and become “addicted to success.”

“For some of you it wasn’t easy to let go of old habits,” Holloway said. “But you got to this point.”

Holloway encouraged the cadets to learn from their failures and use that experience to grow.

“Believe me, you have enough staff here that are willing to support you,” he said. “But you do have staff here that will never enable you, won’t let you slide when we think you haven’t put forth enough effort. We are in the business of building successful young men and women.”

After the induction, the cadets received congratulations from FCA staff members. Then, they lined up and marched outside in falling snow to take the Freestate ChalleNGe Academy Honor Code. The code is meant to guide their actions while they attend the academy. They pledge to live honestly, respectfully, and to be good representatives of FCA.

After the ceremony Cadet Lawrence Reeves said he is keeping his eye on the prize, obtaining a GED and graduating from FCA.

I am looking forward to the future,” he said. “After I graduate from FCA I want to pursue a career in IT [information technology.]

For more information about the FCA program, visit <http://www.mdmildep.org/fca/>.

For more coverage of the Maryland National Guard Freestate ChalleNGe Academy Class #44, check out the Jan. 15 issue of APG News at www.teamapg.com/APGNews.



From left, Cadets Hanna Crowmwell, Dylan Hayes and Sophia DeFilippo recite the Freestate ChalleNGe Academy Honor Code pledge during the Crossover Ceremony in front of the academy Jan. 26. The cadets pledge to live honestly, respectfully and to be good representatives of the academy.

RISE TO THE CHALLENGE

By **RACHEL PONDER**
APG News

Prior to each of the two cycles it operates annually, the Maryland National Guard Freestate ChalleNGe Academy receives about 450 applications from at-risk youth across Maryland who are looking for a fresh start.

FCA Director Charles Rose said recruiters are looking for teens who are willing to make changes in their lives. These teens have dropped out of school but have the desire to work toward their General Educational Development (GED), with ultimate goals to gain employment, join the military or apply to college after graduating from the program.

About 150 applicants are selected to participate in the two week pre-challenge, or acclimation period during which the candidates can decide if they want to stay and participate in the program. Those who decide to stay are

inducted and commit to the 22-week residential and post residential phase. On average, about 100 cadets graduate from the program each cycle.

To get to FCA, these young men and women have to make tough decisions and sacrifices. For many, it is their first time leaving home. Also, the academy follows a strict schedule, including a 9 p.m. lights out and a 5:30 a.m. wake-up call for physical training. Cadets do not have access to distractions like cell phones or social media. For many cadets, this strict schedule helps them focus on making positive changes and becoming productive, successful citizens once they leave the program.

This is the first installment of the Rising to the ChalleNGe series which will follow the lives of cadets Gabrielle Remines, Shaquan Cheeks and Darlan Suarez who were inducted into Class #44 on Jan. 26.

Cadet Gabrielle Remines

Cadet Gabrielle Remines, 16, from Harford County, came to FCA because she fell behind in her school work. Remines said she started having trouble in school after her brother passed away when she was 15.

“We were really close,” she said. “His death really hit me hard. I was just trying to block everything out. Some people have to fall before they can pick themselves back up.”

Remines said her mother encouraged her to apply for the program. At first she was hesitant, but she then decided to apply because she knew things had to change. She said she plans to use her time at FCA to reflect on what she wants out of life.

“The changes that I make won’t just be for this program, it will be for the rest of my life,” she said.

Remines said the most challenging

thing about FCA so far is learning to get along with others in such close proximity. Cadets share a room with several roommates. This can cause tension within the group.

“If you get into a fight you get kicked out of the program. People need to learn from this experience,” she said adding that she is “a leader, not a follower.”

“They gave me the nickname of the ‘The Beast’ because I kept on going during PT” she said. “I want to motivate others.”

After she graduates from the program Remines plans to go to college or join the Navy.



Remines

Cadet Shaquan Cheeks

Cadet Shaquan Cheeks, 17, from Washington D.C., said he did not take school seriously the first time around.

“I really wasn’t thinking, I was just playing around,” he said. “I wasn’t passing my classes.”

He said his cousin Diamond Cheeks, who graduated from Class #42, influenced him to apply for the program and that he plans to join the Army. He’s hoping the strict FCA schedule will lead to academic success.

Cheeks said that he is planning to make his time at FCA count. In addition to preparing for the military, he hopes to participate in the FCA Silver Wings program, in which cadets learn about aviation from experienced pilots at Martin State Airport in Middle River, Maryland.

Cheeks said he plans to get through the program by focusing on school work and job shadow opportunities. He also hopes to be selected for the Directorate of Emergen-

cy Services’ fire department job shadow program. At FCA, only cadets with solid academic performance and behavior are allowed to participate in these programs.

So far, Cheeks said the hardest adjustment has been getting to know new people.

“You have to know who to trust,” Cheeks said.

He added that being separated from his family has been difficult.

“It’s hard being away from my little sister, Angel who is almost 13,” Cheeks said. “I look out for her and I want to be around to protect her.”

Cadets are encouraged to write letters and call home at designated times during the cycle and the FCA hosts a Family Day for family members and mentors during the eighth week.



Suarez

Cadet Darlan Suarez

Cadet Darlan Suarez, 17, from Prince George’s County, said he fell behind in school because he would frequently cut classes with his friends. At the time, he said, he was bored with school and had no motivation to do better. Suarez said his friend Lamont Findley who graduated from Class #43 convinced him to apply for FCA.

“We used to skip classes together,” he said. “Then we both decided that we wanted to change our lives.”

Suarez said that he already feels like he is making positive changes. He hopes to lose about 30 pounds while at FCA.

“The people in my room are good influences, we work out together and I am already losing weight,” he said. “I really like it here. The people in my squad really look out for each other.”

Suarez said his biggest challenge is being away from his family and friends, and especially his brother, Nathan, 9, and sister, Charlotte, 5. He said family is what keeps him going.

“I want to get through this program because I don’t want them to follow in my footsteps. I don’t want them to go through what I have been through,” he said. “I want to be a role model for them.”

Currently considering the military, Suarez said he plans to use this time to decide what he wants to do with his life.



Cheeks

Like us on Facebook

www.facebook.com/APGMd

Health experts warn against e-cigs

By **RACHEL PONDER**
APG News

Electronic cigarettes, also known as e-cigarettes, are on the rise. In fact, “vape,” which refers to both e-cigarettes and other vaping devices, was declared the 2014 Word of the Year by the Oxford English Dictionary. But many health experts warn against using them.

E-cigarettes are battery operated products that turn nicotine and other chemicals and flavorings into a vapor. Some are disposable, others have a rechargeable battery and refillable cartridges.

While the term vaping itself may or may not involve inhaling nicotine, as some devices only contain flavorings, the rising popularity of vaping with e-cigarettes is of concern to public health officials.

Acting Program Manager for Army Public Health Nursing Lt. Col. Kari Bruley, from the U.S. Army Public Health Command, said since e-cigarettes are fairly new, there are no long-term studies on the health effects of using them.

“We do know that there are carcinogens or cancer causing agents in the e-cigarette liquid compound and these are not regulated or approved by the U.S. Food and Drug Administration,” she said. “The amount of nicotine varies significantly from one product and one brand to the next.”

Bruley said that e-cigarette users can get addicted to vaping, due to the nicotine in the cartridges.

“As with traditional cigarettes, addiction to nicotine can occur really within days of inhaling the first cigarette, whichever form it is in,” she said. “And of course this nicotine exposure during pregnancy can impact the unborn child as well.”

Bruley said because e-cigarettes contain nicotine, they have the potential to be a gateway drug. This is a public health concern, she said, because in many states there is no restriction on the sale of e-cigarettes to minors. In 2012, it became illegal for minors to buy e-cigarettes in Maryland.

“According to the Centers for Disease Control and Prevention, more than a quarter-million youth who had never smoked a cigarette used e-cigarettes in 2013,” Bruley said.

Linda Pegram, a tobacco cessa-



Courtesy photo

E-cigarettes are trendy, but health experts warn against their use because they currently are not regulated or approved by the U.S. Food and Drug Administration (FDA).

tion specialist with the Harford County Health Department, said e-cigarette companies target children and teens with flashy marketing campaigns and fun flavors like bubble gum and piña colada.

Although traditional cigarette ads are banned from television, there is currently no regulation against airing ads for e-cigarettes. For example, celebrities like Jenny McCarthy and Steven Dorff appear in ads for Blu eCigs, a popular e-cigarette company.

“E-cigarette companies are using all the tactics that tobacco companies used 50 years ago,” Pegram said.

Pegram and Bruley recommend only using tobacco cessation products that are approved by the FDA.

“There is still so much we do not know about these products including whether they will increase or decrease the use of traditional cigarettes,” Bruley said.

Army & workplace regulations

Bruley said currently the Army does not have a blanket policy that prohibits e-cigarettes in the workplace. However, there are some restrictions.

Army Regulation 670-1, states “Soldiers will not walk while engaged in activities which would interfere with the hand salute and greeting of the day or detract from a professional image.” This includes, but is not limited to, eating, using electronic devices and smoking cigarettes or pipes.

Bruley added that there is a trend within Army medicine to lead the way to reducing and eliminating tobacco and tobacco products, including e-cigarettes in the workplace. Many military treatment facilities have successfully implemented tobacco-free campuses. In January 2014, USAPHC became a tobacco-free campus. Bruley said the overarching goal is to change the culture of the Army from tobacco permissiveness to tobacco free.

How to quit

Bruley said the military community offers many resources to help people quit using tobacco products. TRICARE beneficiaries can receive tobacco cessation medication for free. TRICARE also offers tobacco cessation counseling over the phone and online. For more information call 1-877-874-2273.

The “Quit Tobacco-Make Everyone Proud” educational campaign for the U.S. military, also offers free help and support through online chatting and texting. For more information, visit www.ucanquit2.org/.

For information about tobacco cessation classes on APG, call Public Health Nurse Sue Singh, from the Kirk U.S. Army Health Clinic, at 410-278-1771.

For information on tobacco cessation classes in Harford County, visit <http://www.harfordcountyhealth.com/harford-county-health-department-services/services-for-adults/smoking-cessation/>.

First order of business!

Did you see the latest edition of the APG News?

Never feel left out in that Monday morning meeting again. Check out APG News online

www.TeamAPG.com

How are we doing? E-mail comments and suggestions for the APG News to usarmy.apg.imcom.mbx.apg-pao@mail.mil

MARK YOUR CALENDAR

events&town halls

THURSDAY FEBRUARY 12 BLACK HISTORY MONTH OBSERVANCE

The annual APG Black History Month Observance will be held 11:30 a.m. to 1 p.m. at the APG North (Aberdeen) Myer Auditorium. Gen. Dennis Via, commanding general of the U.S. Army Materiel Command, will serve as guest speaker.

For more information, contact Sgt. 1st Class Twana Burrow, ATEC equal opportunity program manager, at 443-861-9251 or email twana.s.burrow.mil@mail.mil.

WEDNESDAY MARCH 4 EMPLOYMENT RESOURCE DAY & EXPO

Meet with local employers and employment assistance specialists during the Employment Resource Day & Expo, 11 a.m. to 2 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, Erie Street.

This event is open to all job seekers. Business attire is recommended.

Drivers not in possession of a government ID card will need to provide a driver's license, vehicle registration, proof of insurance and building information at the visitor center located at the MD 715 gate.

This event is presented in partnership with the ACS Employment Readiness program, the Department of Labor, Licensing & Regulation, Local Veterans Employment Representative (LVER), Susquehanna Workforce Network (SWN), and the APG Military Personnel Office (MILPO)/Directorate of Human Resources.

For more information, contact the ACS Employment Readiness Program manager at 410-278-9669/7572.

TUESDAY MARCH 10 APG NATIONAL PRAYER LUNCHEON

You are cordially invited to attend the APG 2015 National Prayer Luncheon that will be held at Top of the Bay, 11:30 a.m. This year's theme will be "Discovering God, Celebrating Life, and Serving Others. Reverend Dr. Leroy Gilbert, former Chief of Chaplains for the U.S. Coast Guard, will serve as the keynote speaker. Gilbert presently serves as the Senior Pastor of the Mt. Gilead Baptist Church in Washington, D.C. The event will be hosted by APG Senior Commander Maj. Gen. Bruce T. Crawford.

ONGOING THROUGH 2015 RETIRING SOON? UNCLE SAM WANTS TO THANK YOU!

Are you an APG Soldier or civilian nearing retirement from government service? Consider participating in the monthly Installation Retirement Ceremony.

The APG Garrison hosts the event the fourth Thursday of each month –except November – and the first Thursday in December, at the Dickson Hall (Ball Conference Center).

Much goes into the planning for these events. Event planners set up flag displays, write speeches, print programs, provide sound equipment and photography support and even create photo DVDs for each retiree.

Also, awards and decorations are presented to retirees and their spouses.

All Soldiers and civilians are eligible to participate in the Installation Retirement Ceremony regardless of unit or organization.

This is a program designed to thank retiring personnel for their loyalty and perseverance and for the sacrifices they endured while serving the nation. Retirees are encouraged to participate and to share this day with family members and friends.

After all, Uncle Sam wants to thank you. Don't you think you've earned it?

For more information, contact Lisa M. Waldon, Garrison Training Operations Officer, at 410-278-4353 or email lisa.m.waldon.civ@mail.mil.

meetings&conferences

WEDNESDAY MARCH 25 HOW TO SMART START YOUR SMALL BUSINESS

In honor of Women's History Month, Army Community Service will host a Powerful Women in Small Business seminar 11:30 a.m. to 2 p.m. at Top of the

Bay, Bldg. 30. Attendees can purchase lunch for this one-day event. Future How to Smart Start Your Small Business sessions will be held at ACS Bldg. 2503, Highpoint Road 11:30 a.m. to 1 p.m., May 13, Aug. 12 and Nov. 4.

To register, contact the ACS Employment Program manager at 410-278-9669/7552. For more information, visit the ACS website on www.TeamAPG.com.

health&resiliency

TUESDAY FEBRUARY 10 BLUE CROSS BLUE SHIELD CLAIMS VISIT

The CPAC has arranged for a claims representative of Care First Blue Cross Blue Shield to visit APG from 9:30 to 11:30 a.m. at the APG North (Aberdeen) recreation center, Bldg. 3326, Room 126. The representative will also be available from 12:30 to 1:30 p.m. on APG South (Edgewood), Bldg. E2800, rooms 103/104. No appointment is necessary.

For more information, contact Teri Wright, 410-278-4331 orteresa.l.wright28.civ@mail.mil.

THURSDAY FEBRUARY 19 HEALTHY HEART INFO SESSION

Jump start your 2015 fitness goals during a Healthy Heart Info Session with Zumba 11:30 a.m. to 12:30 p.m. at the Myer Auditorium, Bldg. 6000. This event is open to DOD civilians, contractors and service members. For more information, contact Tiffany Grimes at 443-861-7901 or tiffany.l.grimes.civ@mail.mil.

ONGOING JANUARY-FEBRUARY TOBACCO CESSATION CLASSES

Kick the habit with help from the Harford County Health Department. Free tobacco cessation classes will be offered at the APG North (Aberdeen) main post chapel in room 3, every Wednesday through Feb. 18 from 1 to 2 p.m.

Class size is limited. For more information, to register or to inquire about leave, contact Gale Sauer at gale.m.sauer.ctr@mail.mil or 443-861-9260.

ONGOING THROUGH APRIL 17 INSTALLATION SLIM DOWN CHALLENGE UNDERWAY

The Installation Slim Down Challenge kicked off Jan. 20 and runs through April 17. The challenge encourages individuals to stay active and pursue their fitness and weight goals in keeping with the Army Performance Triad. APG units and organizations are encouraged to start their own groups to compete for the Slim Down Challenge Tenant of 2015 award. Personnel can also compete individually.

Participants can take advantage of MWR fitness classes including special Slim Down Boot Camp classes held each Monday, 11:30 a.m. to 12:30 p.m. at the APG North (Aberdeen) recreation center. Visit www.apgmwr.com for class schedules at APG North (Aberdeen) and South (Edgewood) facilities.

For more information, contact Capt. Joanna Moore, APG Performance Triad Action Officer, at 410-278-1773 or joanna.t.moore@us.army.mil.

ONGOING THROUGH 2015 2015 CPR, AED CLASS SCHEDULE

The APG Directorate of Emergency Services has announced the CPR/AED class schedule for 2015. Classes are open to the entire APG community.

- **Feb. 18** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- **March 18** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **April 22** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- **May 20** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **June 17** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- **July 15** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **Aug. 19** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

- **Sep. 16** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **Oct. 21** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.
- **Nov. 18** – APG North (Aberdeen) Chapel, Bldg. 2485 – 9 a.m. and 1 p.m.
- **Dec 16** – APG South (Edgewood) Conference Center, Bldg. E4810 – 9 a.m. and 1 p.m.

For more information, contact Mike Slayman at 410-306-0566.

family&children

TUESDAY FEBRUARY 17 APG SUMMER CAMP WAITLIST OPENS

The APG Child, Youth and School Services (CYSS) Parent Central Registration Office will start accepting waiting list forms for the APG Summer Camp programs starting Feb. 17 at 7:30 a.m. The form can be downloaded from www.apgmwr.com, under CYSS, Central Registration.

APG CYSS offers active-duty military, DOD civilians and contractors a comprehensive set of programs to assist with summer child care needs.

Both the Aberdeen and Edgewood Summer Camp Programs consist of nine sessions, running from June 22 to Aug. 21, Monday-Friday, 6 a.m.-6 p.m. The program is open to qualifying children completing kindergarten through 8th grades.

Tuition fees are up to \$142 per week, based on the child's age and total family income. Sessions run week to week, allowing parents to sign up for only the weeks when childcare is needed.

Forms can also be picked up at the Parent Central Registration Office, at Bldg. 2503, Rooms #210 & 211; Aberdeen Youth Center, Edgewood Youth Center, and the Aberdeen, Bayside or Edgewood Child Development Centers starting Feb. 17.

Completed forms may be faxed, emailed or dropped off per the form's instructions. Waiting list forms will NOT be accepted at the Aberdeen or Edgewood Youth Centers or CDC facilities.

For questions or further information, call the APG MWR CYSS Parent Central Registration Office at (410) 278-7479 or 7571.

legal¬ices

NOTICE OF APPLICATION AND OPPORTUNITY TO REQUEST AN INFORMATIONAL MEETING

The Maryland Department of the Environment, Air and Radiation Management Administration (ARMA) received a permit-to-construct application from U.S. Army Garrison Aberdeen Proving Ground – Edgewood Area on December 29, 2014 for the installation of one (1) Cogeneration facility consisting of a dual fuel fired combustion turbine driven generator with a heat recovery steam generator (HRSG) that will provide steam and approximately 7.9 MW of electric power. The proposed installation is located at 2100 Bush River Road, Aberdeen Proving Ground, MD 21010.

Copies of the application and other supporting documents are available for public inspection. Ask for Docket #01-15 at the following locations during normal business hours.

Maryland Department of the Environment, Air and Radiation Management Administration

1800 Washington Boulevard
Baltimore, Maryland 21230
Edgewood Branch
629 Edgewood Road
Edgewood, MD 21040
Phone: 410-612-1600

Pursuant to the Environment Article, Section 1-603, Annotated Code of Maryland, the Department will hold an informal meeting to discuss the application and the permit review process if the Department receives a written request for a meeting within 10 working days from the date of the second publication of this notice. All requests for an informal meeting should be directed to the attention of Ms. Shannon Heafey, Air Quality Permits Program, Air and Radiation Management Administration, 1800 Washington Boulevard, Baltimore, Maryland 21230.

Further information may be obtained by calling Ms. Shannon Heafey at 410-537-4433.

George S. Aburn, Jr., Director
Air and Radiation Management Administration.

miscellaneous

ONGOING THROUGH APRIL 2 2015-16 SENIOR SERVICE COLLEGE FELLOWSHIP PROGRAM ACCEPTING APPLICATIONS

The U.S. Army Acquisition Support Center is currently accepting applications for the 2015-16 SSCF program through April 2. The SSCF Program is a 10-month educational opportunity conducted under the auspices of the Defense Acquisition University (DAU) at Aberdeen Proving Ground, as well as Huntsville, Alabama and Warren, Michigan.

The SSCF program prepares government civilians at the GS-14/15 levels or equivalent for senior leadership roles by providing training in leadership and acquisition. Program components include completion of DAU's Program Management Course (PMT 401), courses in leadership, applications of acquisition to national defense issues, research in acquisition topics, mentoring, and a distinguished speaker program.

For complete program information and application requirements, please visit: <http://asc.army.mil>. For APG specific program information, please visit: <http://www.dau.mil/sscf/Pages/apg.aspx>

For more information about the program, contact Jim Oman at james.oman@dau.mil or 410-272-9470.

ONGOING THROUGH APRIL 28 AMERICAN SIGN LANGUAGE CLASS

The basic and advanced American Sign Language Class that began Feb. 3 runs through April 28. Class is held 11:30 a.m. to 12:30 p.m. each Tuesday at Bldg. E3330-31, room 270 in APG South (Edgewood). This class is free of charge and students can bring their lunch. The text book "ABC, A Basic Course in American Sign Language" is needed for the course.

To register, or for more information, contact BethAnn Cameron at 410-436-7175 or Instructors Pat Reeves and Randy Weber at 410-436-8546.

ARMY DISASTER PERSONNEL ACCOUNTABILITY & ASSESSMENT SYSTEM

All Department of the Army personnel must validate their emergency data as well as their family members in the Army Disaster Personnel Accountability & Assessment System (ADPAAS).

The DA leadership uses ADPAAS to account for personnel and make decisions within the geographic area of natural and man-made disasters. All active duty, selected Reserves, National Guard, DA civilians, and non-appropriated fund employees must update and maintain their emergency data at the ADPAAS website to ensure their Army Leadership has valid personnel data.

Visit <https://adpaas.army.mil> and follow the instructions below to validate/update your personnel data:

1. Select "Soldiers, DA civilians, NAF employees, OCONUS contractors and their family button."
2. Choose one of the three login methods
3. Click the "My Info" tab at the top of the page.
4. Select "Contact Information" to review, add or edit your emergency contact information.
5. Select "Family Member Info" to review, add or edit your family member information.

Individuals in a geographic area of natural or man-made disasters will be prompted to complete an assessment survey.

REPORT POWER OUTAGES TO CORVIAS MILITARY LIVING

During severe weather, all residential power outages should be reported to the Neighborhood Office at 410-305-1076. This will allow staff to determine if the outage is widespread or specific to the home and coordinate the responsible provider to restore power.

In the event a neighborhood office loses power, the phone system may also be affected. If the office cannot be reached, residents should call the following toll-free numbers to report outages and maintenance emergencies. Calls to the toll-free number will directly connect residents to the emergency on-call service.

APG: 1-866-958-5412
Patriot Village: 1-866-871-6257
NH Office: 410-305-1076

MORE ONLINE

More events can be seen at www.TeamAPG.com

CERDEC team supports Vigilant Pursuit training

By **KRISTEN KUSHIYAMA**
RDECOM CERDEC Public Affairs

Soldiers of a U.S. Army research center have worked to improve training for fellow Soldiers on a quick-reaction intelligence capability that better supports the system in the field and potentially reduces reliance on reach-back and in-field contractor support.

Noncommissioned officers from the U.S. Army Research, Development and Engineering Command's communications-electronics center, or RDECOM CERDEC, have expanded the training Soldiers receive on the Vigilant Pursuit system, a multi-intelligence system designed to reduce the time it takes to properly identify and take down a high-value target.

Vigilant Pursuit combines human intelligence and signals intelligence capabilities, or HUMINT and SIGINT respectively, to provide Soldiers with information necessary to identify persons of interest while on a mission. HUMINT comes from information collected by Soldiers on people, while SIGINT is gathered by intercepting electronic signals.

Vigilant Pursuit uses cross cueing and tipping to enable Soldiers to make decisions that require time-sensitive responses.

"I'm a fan of this technology to find bad guys using one of these tools," said Lt. Col. Scott Fitzgerald, 109th Military Intelligence Battalion Commander out of Joint Base Lewis-McCord, Washington. "Vigilant Pursuit is user friendly and there was a lot of good training on the equipment. There was a lot of knowledge from trainers, and their recently deployed experience was helpful."

Since Vigilant Pursuit is a quick-reaction capability developed by CERDEC's Intelligence and Information Warfare Directorate, or I2WD, for the U.S. Army G-2, Office of the Deputy Chief of Staff for Intelligence, and not a program of record, operating and maintenance skills for the system are not taught in an Army schoolhouse. It is the responsibility of I2WD to train Soldiers on the system, said Sgt. 1st Class Tavaris Burke, CERDEC I2WD.

Operators & maintainers

Vigilant Pursuit operations include HUMINT and SIGINT collectors, analysts, linguists and maintainers. For training purposes, these specialties are broken into two broader categories – operators and maintainers. Operators' functions



Photo by U.S. Army RDECOM CERDEC

Vigilant Pursuit combines human intelligence and signals intelligence capabilities, or HUMINT or SIGINT respectively, to provide Soldiers with information necessary to identify persons of interest while on a mission. Since 2012, training on the system has increased allowing Soldiers to have a more in-depth knowledge of the Vigilant Pursuit system. A CERDEC Vigilant Pursuit team successfully provided training to numerous systems operators and maintainers in support of fielding.

vary and can range from linguists to signal analysts, while maintainers must have the knowledge necessary to fix computer circuit boards and electronics for military intelligence systems such as Vigilant Pursuit.

Training for both maintainers and operators has expanded since training on Vigilant Pursuit's new equipment began in February 2012. Now, maintainers receive 15 days of training instead of eight. From the beginning, SIGINT and HUMINT operators were trained side by side to learn more about the information the other is seeking.

Maintainer participation has been added to the operators' portion of the system training. Prior to 2014, the eight-day maintainer training did not leave ample time for the maintainers to cover enough of the hardware and software issues one might encounter while in the field, Burke said.

In 2012 and 2013, Burke deployed to get a first-hand look at how the systems in the field were operated, employed and maintained.

"I wanted to get a good hand on how this system actually worked, so I deployed to Afghanistan. While I was there, I worked with them [Soldiers, government civilians and support contractors] at the source. A lot of Soldiers weren't having hardware issues; they were having software issues," Burke said.

Feedback, adjustments

The consistent feedback and exchanges emphasized the need for additional software training for maintainers, Burke said. Though they spent time on the hardware, there were software problems the maintainers would encounter in the field.

What could have been a simple, quick fix became more cumbersome because the Soldiers were not as familiar with the software due to the shortened maintainer training class. With a little more training, Soldiers could address these issues themselves and reduce reliance on field support representatives, Burke said.

I2WD personnel and contractors were available beyond the allotted training hours to provide additional support and training if a Soldier had more questions or wanted to focus on a particular element of the system, Burke said.

Operators and maintainers require different training when using the system, said Staff Sgt. Jose George, I2WD.

"Operators and maintainers are trained in two separate classes focused on their respective disciplines. It is more beneficial to have the maintainers come to I2WD first to receive maintenance training where they can get into the trucks and work the systems," said George.

Once the maintainers learn the Vigilant Pursuit system and how to maintain it, they are on standby and participate at operator training to assist with hardware and software problems, thereby making them better equipped when the unit is in the field.

"As we are teaching operators, the maintainers are already there and they are already trained, so if operators need assistance, their own maintainer from their own battalion team can help out with the system," said George. "The maintainers get more experience from both training classes. We try to use the same maintainer that came to APG for training and over there in theater, so they can help out and build on the knowledge they just learned."

I2WD also changed the way it trained operators on the Vigilant Pursuit system.

Training is sometimes limited due to Army deployment requirements. One of the operator training sessions was kept to 10 days even though there was upwards of six weeks worth of material to teach operators, said George.

Soldiers can address a large portion of the six-week training by completing prerequisite courses prior to Vigilant Pursuit training where they receive more hands-on training.

Cross-training

The 2014 courses followed a practice of cross training between the various operators in the Vigilant Pursuit vehicles – within policy limits, which specify who can and cannot work in certain areas of a system for reasons ranging from training requirements to "need to know" requirements. This cross-training was originally identified in the first Vigilant Pursuit operator training class in 2012 by a unit

that also received training in early 2014. The unit took the initiative to cross-train themselves, and I2WD observed the benefits and integrated this concept into the program, said Adam Bogner, I2WD Quick Reaction Capability Branch chief.

Being able to recognize the type of information that might be useful to the other Soldiers on the team is helpful for the entire team in executing their mission, George said.

"For example, a SIGINT-er will get some basic HUMINT training on their tools – like how they work, how they operate- because as sensors, he might see something that could be good information for the HUMINT operators on the team," George said.

At the end of 2014, the Vigilant Pursuit team trained more than 80 soldiers on Vigilant Pursuit dismounted tools at the 525th Battlefield Surveillance Brigade Culminating Training Exercise in Camp Bullis, Texas. The initial training was in preparation for new equipment training conducted in November. From Nov. 3 - 14, the Vigilant Pursuit training team conducted training for system maintainers at Fort Bragg, N.C. Those maintainers then demonstrated what they learned by supporting operator training from Nov. 17 - Dec. 5, further reinforcing practical skills on the system.

Real-world scenarios

Bogner said his team expanded the 2014 training by adding a real-world signal simulator that can recreate a signal environment to enhance the training experience, which has allowed them to create multiple training scenarios for the operators to demonstrate their proficiency in operating the Vigilant Pursuit system effectively.

"This allows the trainers to easily change the scenarios to challenge the students continually, thereby enhancing the course and giving the students the ability to use the system as they will when deployed," Bogner said.

I2WD will continue to enhance and update training on Vigilant Pursuit by adding additional elements such as using role players capable of speaking other languages to expand linguists training. The team is also looking to reduce the student to instructor ratio to ensure each Soldier received sufficient hands-on training, said Courtney Bennett, CERDEC I2WD SIGINT/Quick Reaction Capability Branch.

Additional training will include expanded cross training, which has been very beneficial for the multi-function teams and improves with each training iteration, Bennett said.

With deployments slowing down, Fitzgerald said he would like to see Military Intelligence Soldiers get more engaged with brigade combat teams and certified on Vigilant Pursuit in order to expand its use at Combat Training Centers to include the Joint Readiness Training Center and National Training Center.

BY THE NUMB#RS

Celebrating Black History Month

1 million

African-Americans served in the U.S. Armed Forces during World War II. Segregation in the military remained official policy until 1948.

3,200+

People, most notably Harriet Tubman, are known to have worked on the Underground Railroad between 1830 to the end of the Civil War. Many will remain forever anonymous.

3,000

African-American WWI veterans of the 369th Infantry paraded through New York City on Feb. 17, 1919 as crowds cheered. Their German foes gave them the nickname 'Harlem Hellfighters.'

381

Days MLK Jr. led the Montgomery Bus Boycott. The boycott was in protest of Rosa Parks' arrest and resulted in the desegregation of the Montgomery, Alabama bus system in 1956.

89

Years have passed since the first Black History week was established in 1926 by historian Carter G. Woodson. The celebration was expanded to a month in 1976.

77

Age of Frederick Douglass at his death in 1895. Born into slavery on Maryland's eastern shore, he became a nationally recognized leader in the abolitionist movement.

By **STACY SMITH**, APG News

Sources: www.africanamericanhistorymonth.gov, www.pbs.org, www.ushistory.org



APG NEWS

Visit us online at

WWW.

TeamAPG.com/

APGNews

Non-battle injuries primary health threat to U.S. Soldiers

By **VERONIQUE HAUSCHILD**
U.S. Army Public Health Command

If you ask Soldiers what the biggest physical health threat they face while in the Army, only a portion are aware that it has nothing to do with warfighting.

In fact, the primary health threat to troops for more than two decades has been common muscle, joint, tendon/ligament and bone injuries like knee or back pain that are caused by running, sports and exercise-related activities such as basketball and weightlifting.

These activities are not just a primary cause of injuries in stateside locations, but also in deployed locations.

“Non-battle injuries resulted in more medical air evacuations from Afghanistan and Iraq than battle injuries,” said Keith Hauret, an epidemiologist at the U.S. Army Public Health Command, or USAPHC. “The leading causes of these non-battle injuries were physical training and sports.”

One health provider responding to a recent USAPHC anonymous survey about injuries noted, “we spend time and money training a Soldier to become ‘physically fit,’ but because we don’t do this right – we over-train them to the point of injury – so they are given restricted duties or medically discharged before they can ever fight our wars.”

These injuries continue to cause temporary or even permanent disability and limit the physical capability of thousands of active-duty service members each year. The impacts include millions of clinic visits annually, millions of lost or restricted duty days, as well as millions of dollars in medical costs.

Leaders need to be better educated on taking care of Soldiers.

Non-combat related injuries

The Army places a great deal of emphasis on training Soldiers so they are fit and capable of successfully performing their physically demanding jobs. But physical training can stress the body and cause various muscle, skeletal, tendon or ligament injuries. Soldiers can also get caught up in the competitive nature of sports programs and overdo it, resulting in sprains, strains or more severe injuries.

“While participating in physical activities such as running or sports puts you at risk for an injury, the risk of injury should certainly not be interpreted as an excuse to not exercise,” said Dr. Bruce Jones, injury prevention program manager at USAPHC. “Instead, high or increasing injury rates should be a wake-up call to leaders, indicating a need to adjust the physical training program to prevent over-training. This will reduce injuries and ultimately enhance fitness and physical performance.”

Army medical experts say training should be conducted in a way that avoids preventable injuries.

“Fit, healthy and uninjured Soldiers



U.S. Army Photo
The primary health threat to troops for more than two decades has been common muscle, joint, tendon/ligament and bone injuries like knee or back pain that are caused by running, sports and exercise-related activities.

are what make an exceptional Army,” said Maj. Tanja Roy, an epidemiologist at the USAPHC. “Unit leaders should follow proper physical training guidance and be careful to avoid over-training Soldiers with too much running or improperly instructed exercises.”

It’s not just the lack of leadership awareness that prevents the Army from avoiding first-time injuries. To some health care providers it is sadly ironic that remedial physical fitness, or PT, programs often force less fit individuals to work out twice a day -- which ultimately can result in injury making it more difficult to meet the standards.

In the USAPHC anonymous survey, one Army medical provider noted, “I am currently seeing a patient for an ankle fracture. He is in a cast and on crutches, yet was forced to walk for his [physical training].”

Injury prevention experts say the lack of proper procedures increases risk of re-injuries and costly chronic conditions especially as these Soldiers age. They report that some Soldiers are forced to run every day and are plagued with lower back pain and knee pain.

So what can a Soldier do to prevent injuries?

Training smarter

Simply put: train smarter. There is scientifically supported guidance and doctrine that describes injury prevention to be a priority in the Army.

All Soldiers, but especially leaders, should be aware of behaviors or conditions that put individuals at increased risk of exercise-related injuries as well as training principles that can prevent them. Examples include:

- Excessive running is the most common cause of overuse injuries especially in feet, ankles or lower legs. These can be avoided by using a training regimen that incorporates alternative days of low-impact aerobic workouts

- (e.g. swimming, biking or rowing) and days of strength training. Running distances and durations should be slowly increased over time, and Soldiers should not be forced to run if injured. Cadence runs are not recommended as a fitness method (for esprit de corps only), and group runs should be organized by pace and distance abilities.
- Balanced physical fitness programs should include a mix of aerobic, strength and agility drills and conditioning exercises. Studies that have evaluated the effectiveness of the Army’s standardized Physical Readiness Training, or PRT, program described in Army field manual 7-22 have shown that units following the PRT program had significantly lower injury rates than those following a run-centric PT regimen.
- Basketball injuries predominantly involve the foot or ankle. Scientific studies have shown that the use of semi-rigid ankle braces during basketball significantly reduces the risk of recurring ankle injury. Likewise, science has shown that wearing mouth guards during basketball reduces the number of people with broken teeth and other mouth-related injuries.
- Weight-lifting and high-intensity extreme conditioning programs most often involve the shoulders and back. These injuries are often linked to improper form and using too much weight too quickly. These injuries are not likely to be prevented with equipment.

While some Soldiers choose to wear back braces during weight-lifting, substantial evaluation of this equipment has not shown them to reduce injury--in fact they may actually increase risk. Though the best physical training routine will include strength training, as with running, the physical training principles of moderation, slow progressive increases and form are important to avoid injuries.

Military training activities other than exercise, such as parachuting and combatives have also been associated with high rates of certain types of injuries. Though not always used, some equipment has been proven to prevent these injuries. For example, mouth guards are now required during combatives, as they are proven effective at reducing painful and costly teeth and mouth injuries. Ankle braces, though not required, have also been proven as an effective tool to reduce parachuting ankle injuries.

Balancing exercise regimens

Through its performance triad campaign, the Army’s medical community continues to encourage incorporating exercise into every Soldier’s routine.

“The duration, frequency, level and type of exercise activity, however, should be balanced against known injury risks,” Jones said. “Remember that regardless of how fit and how strong you are, an injured back, a sprained ankle, a stress fracture or a torn shoulder ligament can put you out of commission for days, weeks or longer. If not prevented or properly treated, an over-use injury can become a chronic debilitating condition.”

By carefully following proper training techniques, avoiding over-training, and adhering to scientifically proven exercise regimens, Soldiers can help to prevent injuries and improve fitness.

NOTE: The Army’s Institute of Public Health has studied Army injury trends and risk factors for years and published numerous articles and reports on these topics. Technical references can be provided by contacting the program at usarmy.apg.medcom-phc.mbx.injury-prevention@mail.mil. The program is also currently developing educational products to help increase awareness of common physical training related injuries and prevention tactics.

WORD OF THE WEEK

Scintillating

Pronounced: SIN-tl-ey-ting

Part of speech: Adjective

Definition:

1. animated; vivacious; effervescent: “a scintillating personality.”
2. witty; brilliantly clever: “a scintillating conversationalist; a play full of scintillating dialogue.”

Other forms:

Scintillate, Verb
Scintillatingly, Adverb
Unscintillating, Adjective

Use:

- The scintillating entertainment greatly pleased the audience.
- Frankly, his report does not make for scintillating reading.
- There were times the baseball wasn’t all that scintillating, either.

By **YVONNE JOHNSON**, APG News
Source: <http://dictionary.reference.com>

ACRONYM OF THE WEEK

SES

Senior Executive Service

As the keystone of the Civil Service Reform Act of 1978, the SES was designed to be a corps of executives selected for their leadership qualifications and to “...ensure that the executive management of the Government of the United States is responsive to the needs, policies, and goals of the nation and otherwise is of the highest quality.”

Members of the SES serve in the key positions just below the top Presidential appointees. SES members are the major link between these appointees and the rest of the federal workforce. They operate and oversee nearly every government activity in approximately 75 federal agencies.

The U.S. Office of Personnel Management (OPM) manages the SES personnel and assists agencies in the development, selection and management of their federal executives.

By **YVONNE JOHNSON**, APG News
Source: <http://www.opm.gov/>; <http://www.wikipedia.org/>

Leave Donations

Employees eligible for donations in the Voluntary Leave Transfer Program

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); or OPM 630- B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). Please contact Sue Campbell at 410-306-0266 or sue.a.campbell.civ@mail.mil .	Alba, Audrey Ashby, Patricia Beach, Sarah Lynn Benysek, Lee Best, Anja S. Blevins, Dianna Budzinski, David Calahan, Jane E. Coleman-Jones Nancy	Clark, Lyra Dissek, Michael J. Donlon, Jacqueline Doyle, Tesha H. Gaddis, Lonnie Eilerman, Edward Henry, Randy Hise, Anne R. Gilley, Christopher M.	Johnson, Douglas W. Kennedy, Sandra Merkel, Arthur J. McCauley, Adrienne Nguyen, Amy Palm, Natalie Pusey, Nancy K. Robinson, Jennifer Sadler, Steven B.	Small, Patricia Solomon, Je’Neane Starnes, Desiree C. Trulli, Wayne R. Wade, Lamesa S. Weimer, Carl R.
--	---	---	---	---



All Things MARYLAND

Museum honors African-American scientist, inventor

By **RACHEL PONDER**
APG News

The man known as “the first black man of science” was born on a farm just outside of Baltimore. Benjamin Banneker, who lived from 1731 to 1806, was a free African-American scientist, astronomer, mathematician, surveyor, abolitionist and author of Maryland’s first almanac.

The Benjamin Banneker Historical Park and Museum, located on his former farmstead, is dedicated to his legacy. The museum, which opened in 1998, is a 142-acre site featuring educational exhibits, horticulture demonstration areas, a replica of Banneker’s split log cabin, six miles of hiking trails and a picnic area.

Museum director Justine Schaeffer said Banneker had an incredible thirst for knowledge. After Banneker’s grandmother taught him to read, he was mostly self-taught. Throughout his life, the industrious Banneker worked on his family’s farm during the day and studied and conducted scientific experiments at night.

At the age of 22 he made a clock from wood using a pocket watch he borrowed as a model. In the 1770s he became acquainted with the Ellicott family who owned several grist mills. (Ellicott City was named after this influential family).

In 1788 George Ellicott, a fellow mathematician and astronomer, lent Banneker astronomy text books and equipment so he could advance his studies.

From 1792 to 1797 Banneker published six almanacs using his own astronomical calculations that predicted solar and lunar eclipses. Also of note, in 1791 Banneker participated in a survey of the area of land that would later become the District of Columbia.

Banneker was also outspoken against slavery and his almanacs included short writings on the subject. In his writings he challenged the then-popular notion that skin color determines a person’s intellect. In 1791 he sent an almanac and a pointed letter to Thomas Jefferson, who was then serving as the secretary of state, criticizing him for owning slaves. The now-famous letter is included in the exhibit hall as well as an original almanac.

The Benjamin Banneker Historical Park and Museum is located at 300 Oel-



Courtesy photos

The Benjamin Banneker Historical Park and Museum features a variety of educational exhibits and environmental programs for all age groups. (From left, clockwise) A mannequin of Benjamin Banneker, “the first black man of science,” is located in the museum exhibit hall; A replica of Banneker’s split log cabin is located on the premises; A horticulture display teaches visitors about growing herbs and vegetables.

la Avenue in Catonsville. Museum hours are Tuesday-Saturday 10 a.m. to 4 p.m. Park hours are sunrise to sunset.

Throughout the year, the museum hosts special educational programs for

all ages. In the summer, the site hosts a summer jazz concert series. On June 13 and 14 the museum will host the annual Colonial Market Fair which features local craftsmen and historical reenactors.

For more information, including a complete list of upcoming activities, visit <https://benjaminbanneker.wordpress.com/> and <https://www.facebook.com/BenjaminBannekerPark>.

Professional development programs provide employees career-enhancing opportunities

By **JOYCE M. CONANT**
Army Research Lab

The U.S. Army Research, Development and Engineering Command and the U.S. Army Research Laboratory are committed to providing opportunities to employees who seek to further their career within the Army. One such developmental opportunity is the Executive Officer Program at RDECOM.

Dr. Stephanie Piraino, a researcher from ARL, was selected for this program and began her assignment at RDECOM in February 2014. Piraino, who began working at ARL in 2003, was encouraged by leaders within her directorate to apply for the program and was selected by an interview panel.

“I was excited for a new opportunity and to learn more about how ARL fit within RDECOM and the Army. I appreciated the support that I received not only from ARL, but also from the RDECOM headquarters staff when I started,” Piraino said.

By serving as the executive officer, more commonly referred to as an XO in the Army, to RDECOM leadership, the employee is provided a holistic perspective of RDECOM through interaction with senior leaders across the command, the Army and the broader research, development and engineering community. The goal of this program is to prepare individuals to serve as future leaders in the Army’s science and technology community.

Part of this developmental program includes working in other staff sections within the command to get a better understanding of how the headquarters operates. Piraino started her detail at RDECOM headquarters as part of the Strategic Initiatives Group where she contributed to the formulation of RDE-



Photo by Tom Faulkner

Dr. Stephanie Piraino supports Mr. Jyuji Hewitt, RDECOM’s executive deputy to the commanding general, with operational and strategic planning and execution of the command’s vision, mission, goals and objectives during her assignment at the U.S. Army Research, Development and Engineering Command.

COM’s strategic plan and organized the first RDECOM former commanders’ forum.

“It was in the SIG [Strategic Initiatives Group] and during the strategy sessions where I really started to see the relevance of the research that I had been doing at ARL,” explained Piraino. “To make the connection between what we do at the bench level, and how that translates into technologies and capabilities for the Soldier, is eye-opening.”

The majority of Piraino’s RDECOM assignment has been as the XO to Jyuji Hewitt, RDECOM executive deputy to the commanding general. As part of the command group, Piraino supports Hewitt with operational and stra-

tegic planning and execution of the command’s vision, mission, goals and objectives. Piraino describes the pace as “intense,” yet “exhilarating.”

“Stephanie’s ability to understand the science and technology and communicate the importance of that work for senior Army leaders is commendable. Her communication skills have been an asset to RDECOM as she’s interacted with leaders throughout RDECOM, AMC and ASA (ALT),” Hewitt said. “In a short amount of time, Stephanie has made great contributions to the command. This opportunity for Dr. Piraino will show even greater to the Army and RDECOM as she applies her gained experiences in future assignments.”

Piraino has also had the unique experience of working for two directors — Maj. Gen. John Wharton and former director, Dale Ormond.

“Change is exciting, and working at the headquarters during the past year has been exciting and inspiring,” Piraino said. “Despite the many changes, one thing has remained constant—the commitment of the command’s leadership to advocate for science, technology and engineering in support of the Soldier, the Army and the nation.”

During her time at RDECOM, Piraino has traveled extensively. As XO, and in support of the command, her work has taken her to the Pentagon, other research, development and engineering centers, the Combined Armed Services Command at Fort Lee, Virginia, and the Army Materiel Command Headquarters in Huntsville, Alabama.

“The visit to CASCOM was particularly enlightening because of the thousands of Soldiers on the Army’s installation. Somehow seeing the young Soldiers at the quartermaster school learning about technologies that RDECOM scientists and engineers have developed makes the science mean so much more. It has broadened my perspective and deepened my commitment to science and working for DOD,” said Piraino.

She said the assignment has been “incredible” and she encourages others to pursue professional growth opportunities like the Executive Officer Program at RDECOM.

“I never anticipated that this would be such a rewarding experience. I have viewed each day, each task and assignment as an opportunity to learn something new. I’m grateful for the experience,” said Piraino.



Q&A: APG Summer Camp Program

It's never too early to start thinking about your child's summer child care needs. Check out the Q&A below with Myria Figueroa from Child, Youth and School Services (CYSS) to learn more about the APG Summer Camp program offered by MWR.

Q: What is APG Summer Camp?

A: CYSS offers members of Team APG a comprehensive set of programs to assist with summer child care needs for children completing kindergarten through eighth grades.

Q: Who is eligible to send their children to APG Summer Camp?

A: APG Summer Camps programs are open to children of active-duty service members, DOD civilians and contractors. Children must currently be in kindergarten through eighth grade this school year.

Q: How long is APG Summer Camp? When does it run? Where on APG?

A: The APG Summer Camp program consists of nine sessions, running from June 22 to Aug. 21, Monday-Friday, 6 a.m.-6 p.m., hosted at the APG Aberdeen and Edgewood Youth Centers.

Q: What kinds of activities would my child participate in?

A: Campers will enjoy art, sports, games, computer labs and swimming. In addition, every week the entire camp

goes on a special field trip. Past trips have included tours of DC area museums, amusement parks and a local summer favorite, the Harford County Farm Fair.

Q: How much does APG Summer Camp cost?

A: Tuition fees are up to \$142 per week, based on the child's age and total family income. Breakfast, lunch and snack are included in the tuition. Sessions run week to week, allowing parents to sign up for only the weeks when childcare is needed.

Q: Where do I go to sign up my child?

A: The CYSS Parent Central Registration Office will start accepting waiting list forms on Tuesday, Feb. 17 at 7:30 a.m. The form can be downloaded from www.apgmwr.com, under CYSS, Central Registration.

Forms can also be picked up at the Parent Central Registration Office, at Bldg. 2503, Rooms #210 & 211; Aberdeen Youth Center, Edgewood Youth Center, and the Aberdeen, Bayside or Edgewood Child Development Centers starting Feb. 17.

Completed forms may be faxed, emailed or dropped off per the form's instructions. Waiting list forms will NOT be accepted at the Aberdeen or Edgewood Youth Centers or CDC facilities.



Q: What happens after I submit my waitlist form?

A: CYSS setup appointments in March for summer camp registration. Packets will be given to each individual who has scheduled an appointment.

Families accepting a space in Summer Camp will not be required to pay a registration fee or make a deposit for camp, but

they must sign a commitment agreeing to pay for all camp weeks which they initially selected at their registration appointment.

Q: Where do I go for more information?

A: For questions or further information, call the APG MWR CYSS Parent Central Registration Office at (410) 278-7479 or 7571.

Activities

SAVE THE DATE 2K COLOR FAMILY FUN RUN

SATURDAY, APRIL 18, 2015

Registration opens on Tuesday, Feb. 17

A 2K color run is scheduled for Saturday, April 18 from 9 a.m. to noon in celebration of Month of the Military Child at the APG North (Aberdeen) Youth Center, Bldg. 2522. The event is free and registration opens Tuesday, Feb. 17 on eventbrite.com.

For more information, contact: Stacie Umbarger at stacie.e.umbarger.naf@mail.mil or call 410-278-2857. REGISTRATION INFORMATION: Please visit the Parent Central Office, Bldg 2503 Highpoint Road, second floor, rooms 210/211/209, or call 410-278-7571/7479 to register.

CHILD & YOUTH SERVICES

INDOOR SOCCER REGISTRATION

FEBRUARY 2-26

Registration is open for the CYSS indoor soccer league. Games begin March 3 and will be held 6 and 7 p.m., Tuesday, March 3, 10, 17, 24, 31 and April 7.

AGE: Boys and girls ages 11-14, Age Determination Date: July 31, 2015 (same as fall soccer cut-off)
COST/FEE: \$20

For more information, contact william.m.kegley3.naf@mail.mil or call 410-306-2297.

SPRING SPORTS REGISTRATION

FEBRUARY 2-FEBRUARY 26

Registration is open for spring sports at CYSS Central Registration Bldg 2503, Highpoint Road 7 a.m. to 5 p.m. Monday through Thursday and 8 a.m. to 4 p.m. on Friday.

For more information go to <http://www.apgmwr.com/child-youth-school-services/child-and-youth-sports>.

SAT PREPARATION CLASSES

FEBRUARY 5 – MARCH 12

MARCH 26 – APRIL 30

Get ready for the SATs with Sue Fasold. She works with students of all levels to prepare them to take all areas of the SATs: Critical Reading, Math, and Writing. Online video chat small-group sessions offered at the Aberdeen Youth Center, Tech Lab.

Winter Session: Every Thursday, Feb 5-Mar 12, 6-8 p.m. (SAT Test Date: March 14)
Winter Session: Every Thursday, March 26 - April 30 (SAT Test Date: May 2)

The preparation class does not include the official exam. Each class is limited to five students per session.

AGES: 14-18 years
COST/FEE: \$225 (this includes the cost of the SAT Prep Book)

For more information, contact Shirelle Womack at 410-278-4589 or shirelle.j.womack.naf@mail.mil.

PARENT ADVISORY COMMITTEE MEETING

WEDNESDAY, FEBRUARY 25

The next Parent Advisory Committee is scheduled from noon to 1 p.m., Bldg. 2503, CYSS conference room 214. The PAC Board represents all CYSS programs. We encourage you to attend if you have a child that is currently enrolled in any program that we offer. Any CYSS patron who has a child enrolled in a full time CYSS program will receive two Parent Participation Points for attending. Patrons can bring their own lunch.

For additional information, contact myria.i.figueroa.naf@mail.mil or call 410-278-2572.

LEISURE TRAVEL SERVICES

ROUNDTOP, LIBERTY AND WHITETAIL SKI TICKETS

The following ski ticket packages are available at the MWR Leisure Travel Services:

- Weekend/Holiday Extended Lift - \$62
- Weekday/Non-Holiday Extended Lift - \$50
- All Mountain Package Weekend/Holiday ** - \$100

- All Mountain Package Weekday/Non-Holiday ** - \$85
- Learn-to-Ski Weekend* - \$80

*Learn to Ski includes Ski/Snowboard rentals, beginner's lesson, and a beginner's 8-hour lift pass.

All Mountain Packages include a lift ticket valid on all lifts, optional class lesson and use of rentals.

WASHINGTON CAPITALS TICKETS

Purchase your discount tickets for The Washington Capitals. Home games are played at the Verizon Center, Washington D.C. For pricing and ticket availability contact MWR Leisure Travel Services at the APG North (Aberdeen) recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email usarmy.APG.imcom.list.apgr-usag-mwr-leisure-travel@mail.mil

BROADWAY'S "CHICAGO" FRIDAY, MARCH 6

Purchase your tickets for the Broadway production of "Chicago" at the Hippodrome Theater 8 p.m., Friday March 6. Tickets cost \$38 for left and right side Orchestra Seating. Tickets must be purchased by Feb. 16.

To purchase visit MWR Leisure Travel Services at the APG North (Aberdeen) recreation center, Bldg. 3326. For more information, call 410-278-4011/4907 or email us at usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil.

APGMWR

Texas Hold'em Tournament

Thursday February 26, 2015

Ruggles Golf Course Clubhouse
Doors open at 5PM Event starts at 6PM
\$25 in advance
\$30 at the door (if available)

Includes refreshments, cash bar
Prizes to the top winners

To purchase, visit MWR Leisure Travel Services at the AA Recreation Center, BLDG 3326.

For questions call 410-278-4011/4907 or email us at usarmy.APG.imcom.list.apgr-usag-mwr-leisuretravel@mail.mil



Couples Communication for a Scream Free Marriage

January 20 - March 31
Tuesdays from 5:30 to 7pm
APG Chapel

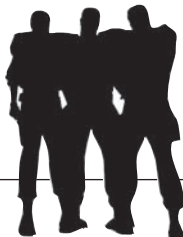
ACS Family Advocacy Program presents a 10 week workshop on Couples Communication for a Scream Free Marriage. The workshops will provide a chance to develop new skills and learn new ways to talk with your partner. You can attend one or all of the workshop meetings.

Call ACS at 278-7572 to sign up.





MEMORIES OF ‘NAM



Vietnam commemoration continues

By **YVONNE JOHNSON**
APG News

A month into 2015, the APG News continues its observance of the National Commemoration of the 50th Anniversary of the Vietnam War.

The 13-year commemoration, which began on Memorial Day, May 28, 2012, ends Nov. 11, 2025. During this time, according to the U.S. proclamation signed by President Barack Obama, “the federal government will partner with local governments, private organizations and communities across America, to participate in a 13-year program to honor and give thanks to a generation of proud Americans who saw their country through one of the most challenging missions we have ever faced.”

Community, civic and Veterans organizations, as well as businesses, are encouraged to join the Commemorative Partner Program.

The program is designed for federal, state and local communities, veterans’ organizations and other nongovernmental organizations to participate in the commemoration of the Vietnam War by planning and conducting events and activities that will recognize Vietnam Veterans and their families’ service, valor and sacrifice.

Planned events will be posted on the commemoration website at www.vietnamwar50th.com/.

The site also contains instructions about how to become a commemorative partner as well as research materials covering all aspects of the war and details of the involvement of the nations’ five military branches: Army, Navy, Air Force, Marines and Coast Guard.

In accordance with Public Law 110-181 SEC.598; the 2008 National Defense Authorization Act, the commemorative program was enacted to include activities and ceremonies to achieve the following objectives:

- To thank and honor veterans of the Vietnam War, including personnel who were held as prisoners of war (POW), or listed as missing in action (MIA), for their service and sacrifice on behalf of the United States and to thank and honor the families of these veterans.

- To highlight the service of the Armed Forces during the Vietnam War and the contributions of Federal agencies and governmental and non-governmental organizations that served with, or



in support of, the Armed Forces.

- To pay tribute to the contributions made on the home front by the people of the United States during the Vietnam War.

- To highlight the advances in technology, science, and medicine related to military research conducted during the Vietnam War.

- To recognize the contributions and sacrifices made by the allies of the United States during the Vietnam War.

A commemoration flag and seal were designed to be displayed during events in keeping with the purpose and intent of the program

U.S. Vietnam War Commemoration Flag

The traditional use of the color gold to signify a 50th Anniversary was chosen for the phrase “50th Anniversary” and symbolizes the specific mission of the Department of Defense program as outlined in the Congressional language “to commemorate the 50th anniversary of the Vietnam War.”

Its design is as follows:

- A representation of the Vietnam Service Medal (ribbon) rests below the inner rings.

- The red, white, and blue inner rings represent the flag of the United States of America and recognize all Americans, both military and civilian, who served or contributed to the Vietnam War effort

- The outer black ring serves as a reminder of those who were held as prisoners of war or listed as missing in

action during the Vietnam War. The black ring surrounds the red, white, and blue rings to call attention to their sacrifices, the sacrifices of their families, and the defense of our nation’s freedom

- Within the blue ring are the words “Service, Valor and Sacrifice”; virtues demonstrated by veterans during the Vietnam War. The gold-rimmed white star located between the words “Service” and “Valor” represents hope for the families of those veterans for which there has not been a full accounting. The blue-rimmed gold star located between the words “Valor” and “Sacrifice” represents the families of those veterans who paid the ultimate sacrifice during the war. The blue star at the bottom of the inner blue ring represents the families of all veterans and symbolizes their support from home

- At the bottom of the inner blue ring are six white stars, three on each side of the blue star. These six white stars symbolize the contributions and sacrifices made by the United States and its Allies, Australia, New Zealand, Philippines, Republic of Korea, and Thailand.

- The center circle contains a map of Vietnam in black outline relief, signifying both the country and the Vietnamese veterans who stood with our veterans. The subdued outlines of Cambodia, Laos, Thailand, and surrounding waters represent the area of operation where U.S. Armed Forces served.

- The green laurel wreath signifies honor for all who served.

- The phrase “A Grateful Nation

Thanks and Honors You” is the personal message to each veteran, civilian, family member, and all who served and sacrificed during the Vietnam War

- The seal’s blue background is the same color as the canton in the United States Flag.

The Vietnam War Commemorative flag is not for sale at this time. Organizations that become Commemorative Partners are eligible to receive the commemorative flag.

U.S. Vietnam War Commemoration Seal

- The red, white, and blue inner rings represent the flag of the United States of America and recognize all Americans, both military and civilian, who served or contributed to the Vietnam War effort.

- A representation of the Vietnam Service Medal (ribbon) rests below the inner rings of the seal.

- The outer black ring serves as a reminder of those who were killed in action, held as prisoners of war or listed as missing in action during the Vietnam War. The black ring surrounds the red, white and blue rings to call attention to their sacrifices, the sacrifices of their families, and the defense of the nation’s freedom.

- Within the blue ring are the words “Service, Valor, and Sacrifice”; virtues demonstrated by our veterans during the Vietnam War. The gold-rimmed white star located between the words “Service” and “Valor” represents hope for the families of those veterans for which there has not been a full accounting. The blue-rimmed gold star located between the words “Valor” and “Sacrifice” represents the families of those veterans who paid the ultimate sacrifice during the war. The blue star at the bottom of the inner blue ring represents the families of all veterans and symbolizes their support from home.

- At the bottom of the inner blue ring are six white stars, three on each side of the blue star. These six white stars symbolize the contributions and sacrifices made by the United States and its Allies Australia, New Zealand, The Philippines, Republic of Korea, and Thailand.

- The center circle contains a map of Vietnam in black outline relief, signifying both the country and the Vietnamese veterans who stood with our

See UPCOMING, page 18

EOD Soldiers train with Congolese forces in Africa

By **WALTER T. HAM**
20th CBRNE Command

United States Army Explosive Ordnance Disposal Soldiers trained Congolese military and law enforcement units to identify explosive hazards in December.

Army EOD Soldiers from the Fort Knox, Kentucky-based 703rd EOD Company participated in a humanitarian mine action mission with Congolese disaster response forces in the Central African nation.

Staff Sgt. Kewan Lemmon, an EOD team leader and Afghanistan War veteran, and Spc. Dennis Laughead, an EOD technician, represented the 703rd EOD Company in the Republic of Congo.

The 703rd EOD Company is part of the 184th EOD Battalion, 52nd EOD Group, 20th CBRNE Command (Chemical, Biological, Radiological, Nuclear, Explosives), the U.S. Defense Department’s only formation that combats CBRNE threats around the world.

Soldiers from the 20th CBRNE Command routinely travel around the globe to conduct U.S. Department of State-sponsored humanitarian mine action training missions. In September 2014, Soldiers from the Fort Leonard Wood, Missouri-based 763rd EOD Company trained with Tajikistani and Afghan forces in Dushanbe, Tajikistan.

Master Sgt. Richard L. Wasson, a senior EOD noncommissioned officer from U.S. Army Africa, said the EOD troops trained 10 members of the National Gendarmerie, Congolese Army and Congolese Police Department.

Wasson said the training is an ongoing effort.

“The training conducted was the first of many designed to assist nations plagued by landmines and explosive remnants of war,” said Wasson, adding that the EOD Soldiers held classroom presentations, field training and individual instruction with Congolese EOD techs.

“The EOD team’s primary focus was ordnance identification and related safe-



Staff Sgt. Kewan Lemmon, center, from the 703rd EOD Company trains members of the National Gendarmerie, Congolese Army and Congolese Police Department during a humanitarian mine action mission in the Republic of Congo.

Courtesy Photo

ty issues,” said Wasson.

He said explosive identification was important in Brazzaville after a catastrophic arms depot fire in 2012 that set off a series of explosions that killed hundreds, wounded thousands and smashed windows across a three-mile blast radius.

“The area is still to this day littered with unexploded ordnance as a result,” said Wasson.

A veteran of service in Afghanistan, Iraq and Kuwait, Wasson said the Congolese EOD forces increased their level of ordnance identification proficiency to

93 percent during the training.

“The capabilities of the Congolese EOD forces to identify, reduce and educate the public of the explosive hazards remaining greatly increases the safety of the overall population of the region,” said Wasson.

‘Heart’ your heart in February

By **MAJ. JASMINE PETERSON**
U.S. Army Public Health Command

Did you know that your heart beats more than 100,000 times a day, pumping nearly 1,900 gallons of blood? That means each year your heart beats almost 42 million times and pumps about 700,000 gallons of blood.

February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay ‘heart healthy.’ So, show your heart some love this month.

Know your numbers

One of the first steps to cherishing your heart is to know and understand your heart health numbers:



▪ **Monitor and know your blood pressure.** High blood pressure or hypertension is often called the ‘silent killer’ because many do not know they have it and it is one of the leading causes of death in the U.S. A healthy blood pressure is a systolic pressure (the top number, pressure when the heart is beating) below 120 and a diastolic pressure (the bottom number, pressure when the heart rests between beats) below 80.

▪ **Check your cholesterol.** Cholesterol is a waxy fat-like material that your body needs. However, too much of

it puts you at risk for heart disease and stroke. You can check your cholesterol through a simple blood test. Get your cholesterol checked every five years, unless your healthcare provider recommends more frequent checks, ensuring that your heart is pumping as smoothly as possible.

▪ **Track your weight.** Maintain a healthy weight. Being overweight or obese can increase your risk for heart disease.

Heart disease prevention

Be passionate about your heart’s health by putting some prevention into play:

▪ **Get an annual check-up.** Work with your healthcare team even if you feel healthy. This is a great way to check for and control conditions that may be putting you at risk for heart disease such as hypertension or diabetes.

▪ **Eat healthy.** Eat foods high in fiber and low in saturated fat, trans fat, salt and cholesterol. Aim to eat at least five servings of fruits and vegetables a day. Choosing to eat a healthy diet can help you avoid heart disease.

▪ **Exercise.** One of the best ways to make your heart strong is to work it out. Getting at least 150 minutes of exercise a week, like brisk walking, can help you stay at a healthy weight and lower your cholesterol and blood pressure.

▪ **Don’t smoke.** If you smoke, quit. If you don’t smoke, don’t start. Smoking cigarettes greatly increases your risk for



heart disease. Your healthcare team can help you quit, so give them a call if you smoke or use tobacco products.

▪ **Limit your alcohol.** Drinking too much alcohol over time can increase your risk for heart disease. If you are a woman, stick to no more than one alcoholic beverage a day and if you are a man, no more than two.

Make your heart your Valentine this month and try these tips. As always, contact your healthcare provider before starting any diet and exercise program as well as for more information about improving your heart health.

For more information about heart disease, prevention and healthy eating, visit these websites:

The American Heart Association: www.heart.org

The Centers for Disease Prevention and Control: www.cdc.gov

Public Health Command Active Living: <http://phc.amedd.army.mil/topics/healthyliving/al/Pages/default.aspx>

ChooseMyPlate.gov: www.choosemyplate.gov/

Performance Triad: <http://armymedicine.mil/Pages/performance-triad.aspx>

Healthy Living

Healthy Living is a recurring feature in the APG News. It addresses health topics that matter most to our readers. To view more health topics and the Community Health Promotion Council calendar of events, visit the APG homepage **www.TeamAPG.com** To suggest health-related topics for the Health Living series, email amanda.r.rominiecki.civ@mail.mil

Employment resources abound for veterans

By **STACY SMITH**
APG News

Veterans who recently separated or retired from the military may struggle with an uncertain future. Many often wonder how they will find a job and what’s next for them as they readjust to civilian life.

The Soldier For Life: Transition Assistance Program (TAP) was established to meet the needs of separating service members during their period of transition into civilian life by offering job-search assistance and related services.

According to Tom Shumate, chief of the Military Personnel Office, about 180 APG-connected service members complete TAP yearly. The program is now mandatory and trainings are conducted by a mobile team assembled from Fort Meade and the Department of Labor (DOL).

“DOL teaches Soldiers how to do their resume, how to do the interview, appropriate communication...the training that goes on and the tools that are supplied to them work, if they apply them,” Shumate said.

Workshop attendees learn about job searches, career decision-making, current occupational and labor market conditions, résumé and cover letter preparation and interviewing techniques. Participants are also provided with an evaluation of their employability relative to the job market and receive information about veterans’ benefits.

Shumate said he is optimistic about the current job market trends, but added that veterans often struggle with learning

Veterans Corner

Veterans Corner is a new, recurring feature in the APG News. It addresses the topics that matter most to the veterans in our community. For more information about local veterans affairs services, visit **www.maryland.va.gov**. To suggest veteran-related topics for the Veterans Corner series, email amanda.r.rominiecki.civ@mail.mil.

how to communicate their skills to the civilian sector in a way that ensures that a potential employer recognizes that he or she has the appropriate skills for the job. He said it’s also important to tailor the résumé to fit the particular job sector they’re applying within.

He also recognized that veterans usually receive TAP training 10-12 months prior to separation because finding employment will be time-consuming enough when the time comes. However, TAP is currently in a transition period and many things about the program are changing to accommodate these challenges.

According to the Soldier for Life website, transitioning is no longer just an end of service event. For example, the Army now counsels new Soldiers about their education and career goals within 30 days of reporting to a new duty station. New Soldiers are also required to prepare an individual development plan that will be used throughout their military career and then into a transition plan when they prepare to separate.

The goal is to recognize that a Soldier’s career does not end after they’ve left the military; preparation for the future is a process that begins with and continues throughout a Soldier’s military career.

For information about the Transition Assistance Program (TAP), visit <http://www.taonline.com/TAPOffice/>.

Other job search engines and tips for job-seeking veterans include:

▪ **www.vetjobs.com** – A popular job search board where Veterans can post their resumes and search for job openings. The site is sponsored by the Veterans of Foreign Wars of the United States, and registration is free.

▪ **http://jobcenter.usa.gov/resources-for-veterans** – Offers quick link job-seeking resources as well as a comprehensive military-to-veteran job search. Type in military job title or MOS and desired location and click GO.

▪ **http://www.gijobs.com/** – Provides career advice, including tips on how to find a job in the civilian workforce, a military-to-civilian pay calcula-

tor, résumé-building, and a job search.

▪ **http://militaryhire.com/** – Developed and maintained by a team of military veterans and corporate hiring authorities, vets can sign up for free to search job database, apply for jobs online and post résumés.

▪ **http://nvf.org** – The National Veterans Foundation provides job listings as well as tips for finding a Veteran Service Officer to help vets navigate the Department of Veterans Affairs benefit claims process.

For disabled veterans:

▪ **http://www.benefits.va.gov/vocrehab/index.asp** – Veterans Affairs ‘VETSUCCESS’ program is for Veterans with medical issues or service-connected disabilities. The program provides services leading to employment or help for individuals to live more independently.

Local resources:

▪ **www.mwejobs.com** – The Maryland Workforce Exchange offers apprenticeships in more than 230 occupations. Similar to an unpaid internship, an apprentice program teaches skills that often lead to a job.

▪ **www.SWNetwork.org** – The Susquehanna Workforce Network operates three workforce centers in Harford County that offer job-seeking assistance.

▪ **http://susqvet.blogspot.com/** – A resource for veterans to find employment and benefits in Harford and Cecil counties.

The next APG job fair is scheduled for March 4 at the APG North (Aberdeen) recreation center. For more information, visit **www.TeamAPG.com**.



Terry Guest

Safety Occupational and Health Specialist

By **STACY SMITH**
APG News

As a safety occupational and health specialist with the Directorate of Public Works Installation Safety Office (ISO), Terry Guest inspects approximately 170 facilities within several installation

commands to ensure that Occupational Safety and Health regulations and the National Fire Protection Association’s Life Safety Code are upheld.

Guest also evaluates potential hazards for planned installation activities, such as concerts, ceremonies and other

large gatherings.

“I have about 25 inspections that I do during the first quarter, but the other three quarters are my most busy inspection times,” Guest said.

During each inspection, Guest completes a risk management assessment on a form he has committed to memory and then sends it in with his safety recommendations. He also ensures that command leaders are aware of hazards or public safety risks.

“We can’t eliminate all hazards, but we can set in controls for the hazards,” Guest said.

When not inspecting, Guest conducts community briefings, attends town hall meetings and posts ‘safety grams’ to the ISO website. Additionally, ISO personnel submit seasonally-relevant articles - like winter driving

safety tips - to the APG News.

“Winter ice, summer hurricanes, flooding – anything that’s happening that season, we send a gram out,” Guest said.

Guest is a retired Navy contractor. He joined Team APG about five years ago, working first in construction before joining the ISO. He said he considers his role an essential part of the installation’s day-to-day functioning.

This job is very important,” he said. “If we [ISO personnel] weren’t here, people wouldn’t make it to work; or if they were at work, they could be injured here. We are the channel to safety information.”

The ISO is located in Bldg. 4304. For more information, contact Terry Guest at 410-306-1079 or terry.a.guest.civ@mail.mil.

Missing the paper? Contact us

APG News

If your organization is moving and would like to receive the paper at your new location, or if your organization would like to begin receiving the newspaper, send an e-mail to: usarmy.apg.incom.mbx.apg-pao@mail.mil with the following information:

- The organization name and building number where papers should be delivered
- Approximately how many people work at or visit the facility
- The number of papers you would like to receive
- Any additional information

Please note that the APG News cannot deliver newspapers to every unit and facility. Delivery requests should be submitted by units and organizations where a substantial number of people work or visit.

Requests for delivery do not guarantee approval. Each request will be screened and a decision will be made by the APG News, based on circulation numbers and unit need. Delivery at approved locations will again be assessed at a later date to determine if delivery will continue at that location.

Include “APG News Delivery Request” in the subject line.



THIS WEEK IN APG HISTORY

APG News

Published in the interest of the people of Aberdeen Proving Ground, Maryland

Vol. 49, No. 13 • March 31, 2005

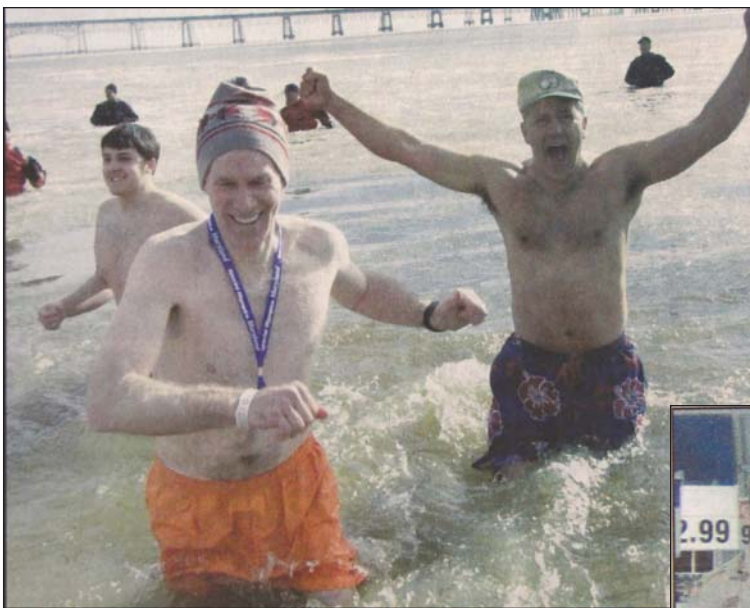
PRSTD STD
U.S. POSTAGE
PAID
Havre de Grace, Md.
21078
Permit No. 24

www.apgnews.apg.army.mil

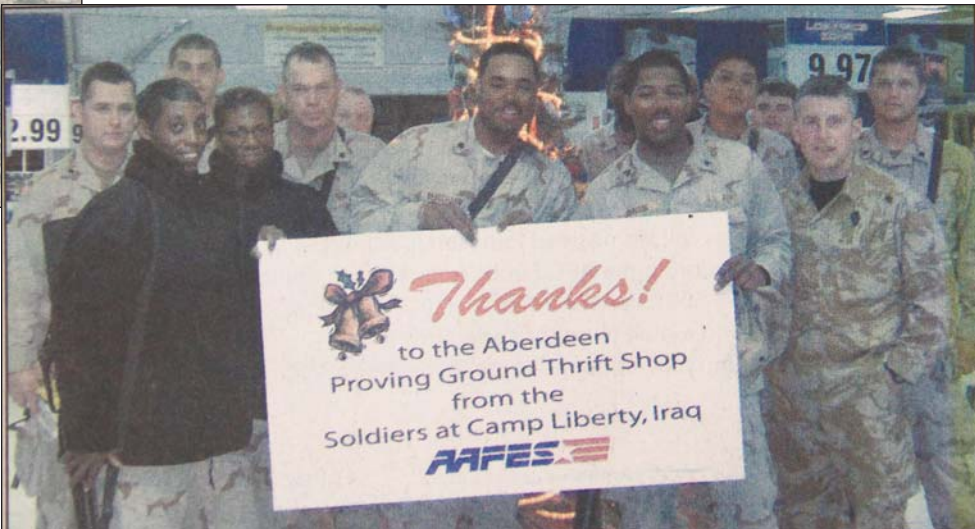
Take a look back in time as the APG News explores what made the headlines around APG during this week 10, 25 and 50 years ago. This week's APG News mast-head is from 2005.

By YVONNE JOHNSON, APG News

10 Years Ago: Feb. 3, 2005

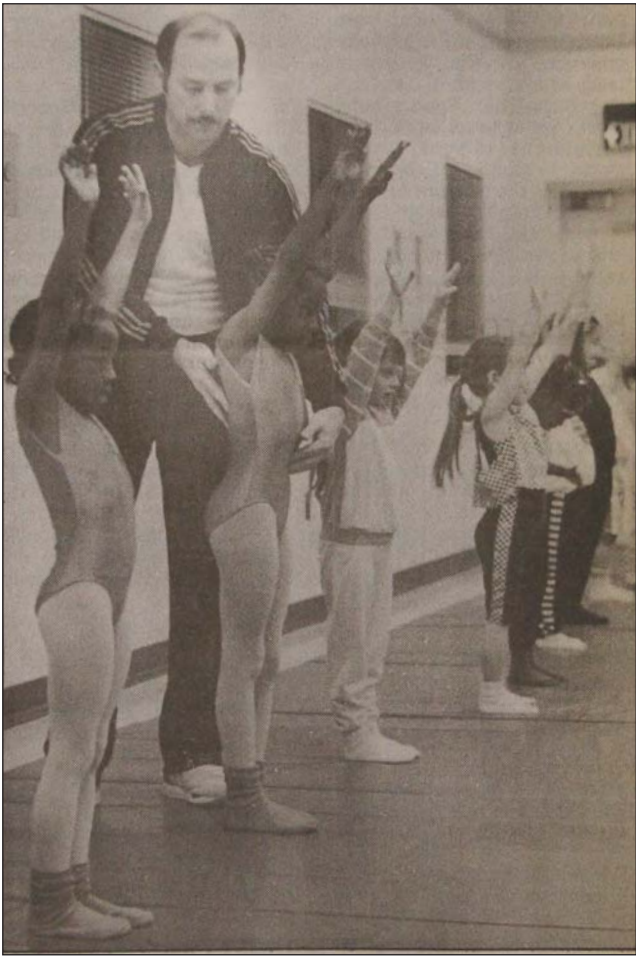


(Left) Col. Tony Francis, commander of the U.S. Army Environmental Center, left, and AEC deputy David Guzewich, right, make a hasty retreat from the Chesapeake Bay during the Maryland State Police Polar Bear Plunge at Sandy Point State Park.

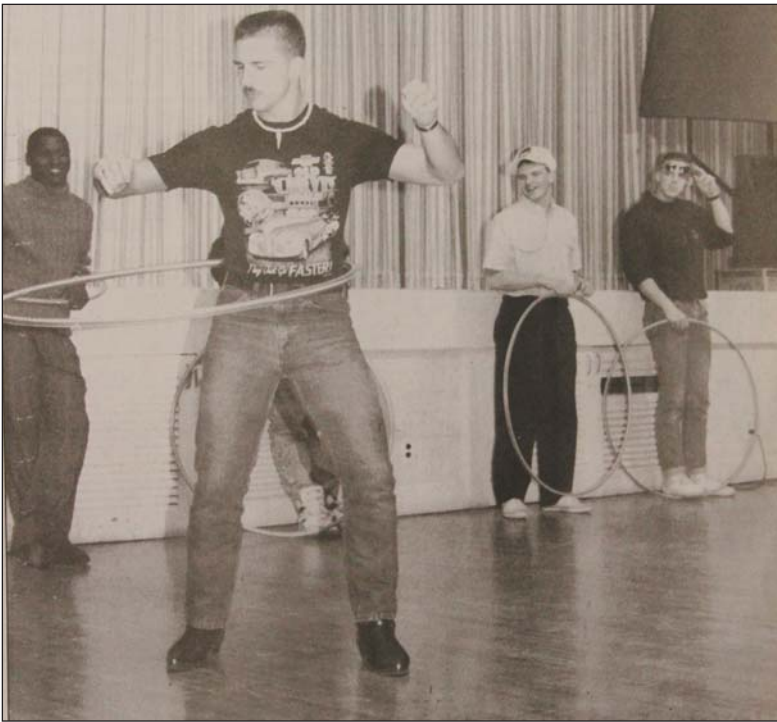


(Right) Soldiers stationed at Camp Liberty, Iraq send their thanks to the Aberdeen Proving Ground community for the \$500 donation from the APG Thrift Shop to the Post Exchange that enabled the purchase of free phone cards. The cards were distributed to Soldiers entering the AAFES facility at Camp Liberty.

25 Years Ago: Jan. 31, 1990



(Right) Youth Services Center coordinator Wayne Doyle helps Kelli Hewlett obtain proper stretching form during a gymnastics class at the Aberdeen Youth Center.

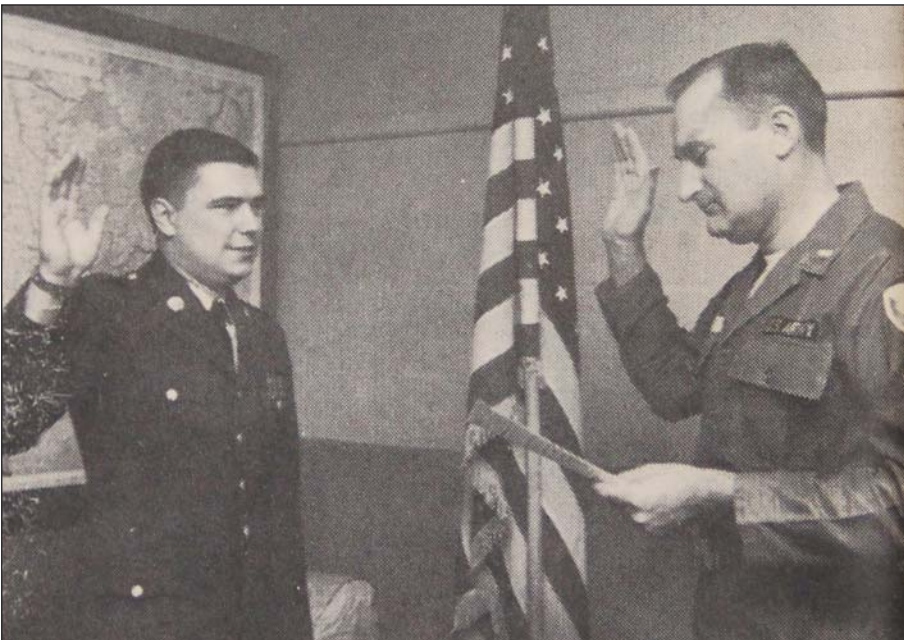


(Below) Pvt. Michael Reinagle keeps his hula hoop in motion during a Shake, Rattle and Roll party for single soldiers at the APG recreation center. The 16th Ordnance Battalion Soldier won second place.

50 Years Ago: Feb. 4, 1965



(Left) Capt. Leonard Williams, one of the few male nurse anesthetists in the Army, demonstrates anesthesia procedures in an emergency room at Kirk Army Hospital.



(Right) Capt. Bernard White, commander, Headquarters and Headquarters Company, right, swears in Spc. John Feith Jr. the regular Army Jan. 20, 1965. Feith who deploys shortly for Vietnam requested to be sworn in the same day as President Lyndon B. Johnson's inauguration.

Officer journeys into digital photography

By **TIM HIPPS**
U.S. Army Installation Management Command

Maj. Ryan Foley makes his military travel more memorable by photographing his journeys.

His sense of adventure, impeccable timing, use of light, and darkroom creativity helped him become the most decorated winner in the 2014 Army Digital Photography Contest.

“I like traveling and being outdoors, so photography always has been a natural association for me,” said Foley, 35, an Ohio native stationed at Landstuhl Regional Medical Center in Germany. “I like trying to create neat images.”

The Army Morale, Welfare and Recreation contest featured 2,529 entries in seven categories of photographs that competed in two divisions: active-duty military personnel and other military MWR patrons.

Foley took a first, second and third place, along with an honorable mention, in three different categories.

“Looking at all the other amazing entries, I definitely feel fortunate to have won anything,” said Foley, who earned a first and second place in the 2012 contest but failed to place in 2013. “There are some really talented folks out there.”

His “View from Apache” took first-place honors in the active duty nature and landscapes category. Shot with a Nikon D7100 and Nikkor 70-200 2.8 VR II lens, Foley combined four frames to make the panorama, which measures “something like 11,000 x 3,500 pixels,” he said.

He shot the photo at Forward Operating Base Apache in Afghanistan.

“Most of the time, you couldn’t see the mountains very well, at all, as there would be a lot of dust in the air,” Foley explained. “The night before, there was a lot of wind and most of the dust was blown away. The next morning, the visibility was incredible and I could see the mountains as I never had previously.”

Foley climbed into a guard tower, where he awaited ideal light.



Photo by Maj. Ryan Foley

Maj. Ryan Foley of Kaiserslautern, Germany, takes first-place honors in the active-duty military division nature and landscapes category of the 2014 Army Digital Photography Contest with View from Apache.

“The shot was taken in the mid-morning so there was great lighting on the mountains and it gave nice contrast to the ridges,” he said.

Foley had to work harder to shoot “Portugese Cave,” which took second place in the active duty military nature and landscapes category. On a family trip to Portugal, he sought a series of caves on the southern coast, including one in particular near Benagil Beach.

“While they do offer boat tours, they don’t start until the sun is pretty high up in the sky,” Foley said. “I wanted to get the shot with the light just as it came through the oculus in the ceiling of the cave, so we went to the beach early in the morning. The cave is just a short swim from shore. Unfortunately, I hadn’t really planned this in advance, so all I had was a normal camera bag and my daughter’s beach-toy inner tube. So I just balanced the camera bag on my head, put one arm through the inner tube, and swam with one arm.

“With the swells of the sea and my non-waterproof, 20-pound camera bag weighing me down, it was definitely a bit nerve-racking -- but I made it without getting my stuff wet. There was also a very territorial seagull that kept dive-bombing me while I was trying to photograph, so that was fun.”

Despite the unsettling swells and a kamikaze gull, Foley remained focused.

“When the sunlight began to fall through the oculus, I knew I had my shot,” he said. “In the end, it was an incredibly beautiful scene and very much worth the trouble.”

Foley took third place in the military life category with “Marine CH-53,” a shot of a Sikorsky CH-53 Sea Stallion helicopter.

“On the rare clear days, I was able to get some great shots of aircraft,” he said. “If it was a day with good visibility and I wasn’t busy, I would read outside and wait for opportunities like this shot to come along. Usually, I didn’t have a tripod, so I would just balance the camera on my bag to keep it steady.”

Foley received an honorable mention in the digital darkroom category with “Osprey on a Cloudy Day,” another photo of military aircraft, this one shot at Camp Bastion in Helmand Province, Afghanistan.

“The photo was enhanced in Photoshop using their built-in HDR photo processor,” Foley explained. “Basically, you take three to five shots of the same scene with different exposures and the software blends them together. Then you can tweak them in many different ways to get surreal or ultra-realistic images.”

Like most photographers, Foley has shot the good, the bad and the ugly. Along the way, he’s managed several contest-winning photos.

“I take a lot of pictures,” he said. “I take a lot of bad pictures, but every once in a while one turns out good and it is really fun to see that happen.”

Foley began dabbling with photography shortly after graduating from high school and said he looks forward to competing in the Army MWR-sponsored contest each year.

“My family and I have definitely used a lot of the services of the MWR,” Foley said. “Everything from ski trips, tours, gear rental, etc. I think it’s especially helpful overseas. It is really a great program to help support Soldiers to get out and enjoy life. The breadth of services they offer is amazing.

“It has been a lot of fun to take photos while in the military,” he said. “We definitely get to see and do things that most people never will. I enjoy capturing those moments and sharing them with others. It also helps you remember things in the past that you might otherwise forget.”

The full gallery of winners for the Army Digital Photography Contest can be viewed on the Army MWR Flickr page at www.flickr.com/photos/familymwr.

Unprecedented technology poses challenges for special ops

By **DAVID VERGUN**
Army News Service

Terrorists are using social media to plan events, recruit, share information, propaganda, and so on. “We can detect [their activities] pretty well, but I’m not sure we know what to do about it,” said a terrorism expert.

Countering terrorists’ leveraging of social media is going to be a challenge, said Robert Newberry, director of the Combating Terrorism Technical Support Office. “We’re studying it to death, but I’m not sure coming up with any grand solutions.”

Newberry and other experts spoke at a National Defense Industrial Association panel, “Special Operations Forces Technology Policy & Requirements,” held at the Washington Marriott Wardman Park, Jan. 28.

He and the other panelists said these growing concerns are challenges not just to the special operations community, but also for the Army and other government organizations tasked with national security.

Klon Kitchen, special advisor for cyberterrorism and social media at the National Counterterrorism Center, said he sees “the rapid and seemingly unending advancement of technology” and social media as being one of the biggest threats.

The proliferation of social media and technology will impact “every future special operations mission,” he said, “whether it be direct action, combating terrorism, information operations, civil affairs or any other SOF [Special Operations Forces] mission. The threat would come from terrorists exploiting social media for their own nefarious causes.”

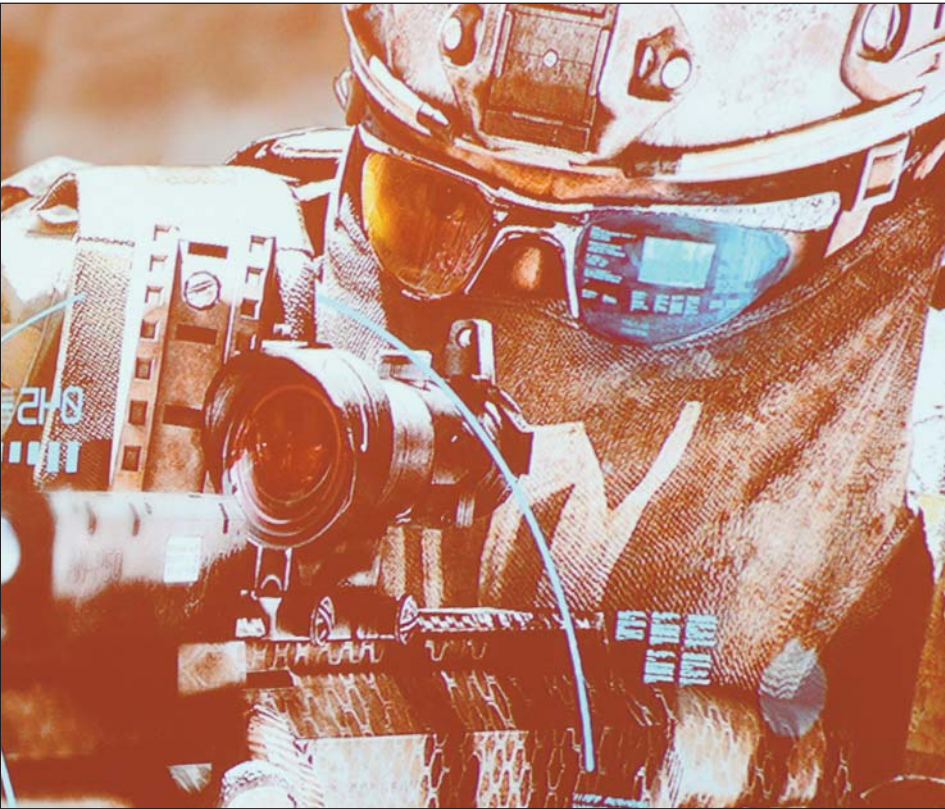
Data deluge

“Our SOF forces ... will be confronted by an almost unimaginable deluge of data and an unprecedented technological capability,” Kitchen added.

He cited figures. There are 1.8 billion active social network users globally, he said. Every minute of every day, these users produce 200 million emails, 72 hours of new YouTube video, 571 new websites, 3,600 new photos, 100,000 tweets, 34,722 Facebook likes and 2 million Google searches.

“We created 1.8 zettabytes, which is 1.8 trillion gigabytes of newly-generated information in 2011,” he said. “In 2012 that figure was 2.8 zettabytes. By 2020, it’s forecast to be 40 zettabytes in a 12-month period. This is just the beginning of the data deluge.”

Newberry said that about half of those 200 million emails were probably sent by government workers, as the rest of



Courtesy Photo

Robert Newberry, director of the Combating Terrorism Technical Support Office, and other panelists spoke about the proliferation of social media and technology and its impact on counter-terrorism operations during a National Defense Industrial Association panel titled Special Operations Forces Technology Policy & Requirements, Jan. 28.

the world tweets and uses text messaging. He confessed to using a yellow legal notepad most of his career and recalls getting his first electronic device -- a pager -- in the 1990s.

Social media can also be used to a special operator’s advantage, Newberry said. For example, one can assess the operating environment in a particular region or area by collecting social media from those locations. “There’s big value in this,” he said.

The problem is, there’s so much information out there that methods have not been codified on how to collect it, sort through and use it. Also, the authorities and organizational structures are not yet in place to do that, he said.

Digital exhaust

Matthew Freedman, senior advisor at the Defense Intelligence Agency, said social media is just one of many new threats and opportunities out there.

The “digital exhaust” trail left behind by terrorists will allow special operators to better track them, whether it’s cloud computer, microblogging, crowd sourcing or social media.

“Futurists say that 90 percent of what will be known in 50 years has yet to be discovered,” he said. For instance, the military is just now beginning to realize the power and potential of augment-

ed reality -- having a real-world direct or indirect view of the environment, augmented by computer-generated sensory inputs.

Augmented reality is “blurring the lines between the physical and virtual worlds,” he said, adding that non-state actors are increasingly getting their hands on similar technologies.

To stay ahead of the bad guys in innovation means the U.S. military “needs to rethink its acquisition strategy from requirement of things to an acquisition of capabilities.”

During the Cold War, the United States had a good lead on new technologies most of the time, Freedman said. But now, technology is moving so quickly and systems are being integrated in ways unimaginable a short time ago. “Sometimes allocating resources means retrofitting existing systems at much lower costs instead of building new systems,” he said.

Hard questions need to be asked, he added, such as, “is centralizing all the money a good thing for the warfighters? Sometimes we need to get software developments to the warfighters within 90 days.” The system isn’t built to handle that.

Might warfighters be allowed to purchase a piece of needed gear off the shelf

when the need arises? he asked.

Iron man returns

Anthony Davis, director, Science & Technology, U.S. Special Operations Command, pointed to the challenges in protecting the warfighters and making them more lethal.

The two-year research and development of the Tactical Assault Light Operator Suit, also known as TALOS, is a good example, he said. There were and still are a lot of TALOS skeptics, he said, who say “Iron Man” is too far ahead of its time. Iron Man is the popular moniker of TALOS, a modern-day suit of armor for Soldiers.

But work is quietly continuing, he said. The first year of TALOS development revolved around passive exoskeleton technologies. “This year, we’re moving into powered exoskeletons,” which require 3 to 5 kilowatts of power, per Soldier to activate. This is all still in development.

There’s a cost-benefit tradeoff involving armor, Davis said. Current requirements call for about 20 percent body protection, including the head. That’s 8 to 12 pounds. To protect the whole body, much like the medieval knights, would take 600 pounds of armor, which obviously isn’t going to happen until material and power innovations occur -- “significant challenges.”

Other hot research areas, Davis said, are control actuators, digital optics and geographically distributed systems. Geographically distributed systems would allow an operator in the middle of the Pacific or Africa to communicate and have situational awareness the same as in Iraq or Afghanistan, which have infrastructures to do that in place.

Special operations are occurring in 75 countries every day. Just a handful are “kinetic” operations, he said. Most involve training, humanitarian assistance and security missions with just a handful of operators working autonomously. They need state-of-the-art communications equipment and other gear to do that successfully.

Navy Capt. Todd Huntley, head, National Security Law Department, International and Operational Law Division, Office of the Judge Advocate General, said operators face a difficult legal environment here and worldwide.

The Supreme Court and district courts have not been definitive when it comes to 4th Amendment privacy concerns and national security concerns, he said. There are still a lot of gray areas when it comes to collecting intelligence on U.S. and foreign nationals. “We’ll likely never be as nimble as our adversaries.”

Edgewood 2015 procurement cutoff dates

Edgewood Contracting Division

The Edgewood Contracting Division (ECD), a contracting division under the Army Contracting Command–APG, provides contract support for APG South (Edgewood). The following guidance is published to highlight the established Fiscal Year 2015 cutoff dates for submission of purchase requests for those customers receiving contract support through ECD.

Advance planning in identifying and submitting PRs on or before the published cutoff dates greatly enhances the ability of the ECD to meet customer needs. The peak processing time for most contracting offices is between July 1 and Sept. 30 of each fiscal year.

“Last year ECD processed 291 procurement actions valued at approximately \$58.8 million during the July through September time period,” said Ruby Mixon, chief of the ECD Policy Office.

“Due to the slow start in the distribution of customer funding this fiscal year it is anticipated that the number of actions will significantly increase during this year’s peak period to compensate for the lag in distribution of funds. Therefore it is extremely important that customers be as diligent as possible in identifying their needs early in the cycle,” Mixon said.

Maintaining adequate resources continues to be a challenge for the contracts team and customers therefore it is equally as important to submit complete procurement packages.

“Incomplete packages delay the process and create inefficiency. It is essential this year that upfront coordination

with the appropriate Contracting Officer takes place,” Mixon said.

This ensures all purchase request packages contain the necessary documents and approvals to avoid delays in processing awards and make maximum use of available customer dollars, Mixon said.

Mixon stressed that customers should ensure that all procurement requests processed through GFEBS contains the necessary information in the description. Identifying the branch chief as well as the contracting officer, if known, will assist routing the actions to the correct

contracts team as quickly as possible for processing.

Purchase requests for actions that are not GFEBS enabled must continue to be submitted electronically to the ECD using the SHARED MAILBOX: usarmy.APG.acc.mbx.edgewood-contracting-division@mail.mil.

“ECD will make every effort to accommodate those customers whose procurement packages are submitted after the established cut-off dates,” Mixon said. “However, there is no guarantee that the award will be processed prior to Sept. 30.

Cutoff dates for all APG South (Edgewood) procurement requests

(Notwithstanding any prior approved milestones)

- **Noncommercial items over \$150,000 – May 29****
- **Services over \$150,000 – May 29****
- **Commercial items less than \$6.5 million – May 29**
- **Delivery orders and task orders under existing contracts – June 2**
- **GSA schedule procurements – June 2**
- **Short-of-Award actions – May 29*****

* All actions that require a justification and approval document prior to processing must be submitted by May 1.
** There may be instances where this date may not be adequate for complex actions. These actions must be coordinated with the Branch Chief prior to this date.
***Customers submitting “short-of-award” Requirements must consider whether funding will materialize. Time spent processing these actions can be better utilized on funded actions.

For more information, contact:
▪ Chief, Edgewood Contracting Division: debra.r.abbruzzese.civ@mail.mil 410-436-2554;
▪ Steven Austin, Branch A (ECBC, ACWA & CMA customers) at steven.o.austin.civ@mail.mil 410-436-2449;
▪ Eric Braerman, Branch B (JPEO-CBD customers) at eric.w.braerman.civ@mail.mil 410-436-8621; or
▪ Diane Street, Branch C (JPEO-CBD customers) at diane.l.street.civ@mail.mil 410-436-3750

New Exchange app puts savings at shoppers’ fingertips

Army & Air Force Exchange Service

With the swipe of a finger, military shoppers can launch a brand-new way to connect with the Army & Air Force Exchange Service through its free Exchange Extra app.

The app gives shoppers quick access to information on the latest Exchange promotions, contests, coupons, BE FIT information and more. The free app is available at the App Store for Apple products or Google Play for Android devices.

Once the app is downloaded, shop-

pers can scroll through for coupons and contest information. Touching the “Promotions” button brings up a list of special Exchange savings. The “BE FIT” button gives shoppers access to workouts and healthy recipes to keep them motivated to achieve their fitness goals.

To access more digital content, including videos, product information and shopping lists, shoppers can touch the “Scan” button and hover over select images in Exchange specialty catalogs and on in-store signs. A colorful Extra label identifies what pages and signs are

tied to digital content.

For Valentine’s Day, Easter and other celebrations throughout the year, customers can tap the app for recipes and other specialized content to enhance their shopping experience.

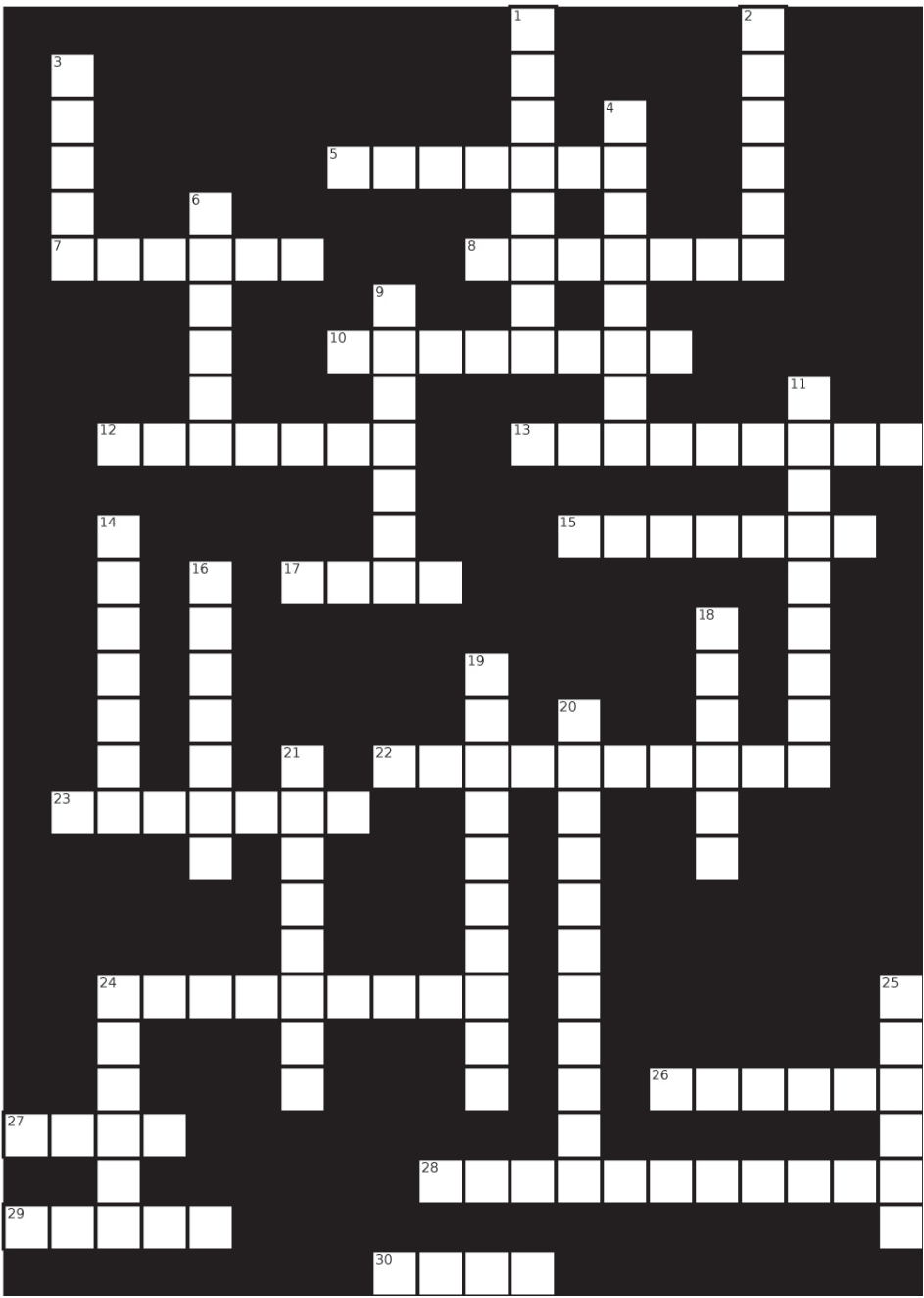
“This app brings a whole new dimension to connecting with the Exchange,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. “With the Extra app, shoppers receive latest savings anywhere, any time on their smartphones.”

To find the app, shoppers should

search for “Exchange Extra” on the App Store or Google Play.



The APG Crossword



By **YVONNE JOHNSON**, *APG News*

To honor African American History Month, here’s a challenging puzzle with well-known (and not so well known) trivia facts about famous (and not so famous) African Americans

Across

5. The founder of People United to Serve Humanity (PUSH)
7. This former chairman of the Joint Chiefs of Staff was also the first African American to serve

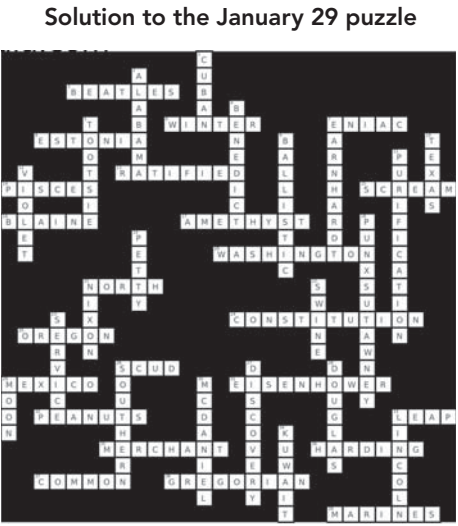
- as the United States Secretary of State.
8. In 1969, Charles Evers, the brother of Medgar Evers, won the office of mayor of the city of _____, Mississippi.

10. This former slave published the newspaper “The North Star.”
12. This primarily black female college was founded by two white women in Atlanta, Georgia.
13. Though he served for only 15 days, he was the first African American governor of Louisiana and the first to serve as governor of a U.S. state.
15. Sojourner Truth was the first black woman to speak out publicly against _____.
17. She was the first woman of any race to preach at London’s Saint Paul’s Cathedral.
22. He was the first African American to have his likeness portrayed on a U.S. postage stamp.
23. Her autobiography is titled “I Know Why the Caged Bird Sings”
24. Mary McLeod Bethune organized the “Black Cabinet” for this president.
26. Patricia Roberts Harris was the first African American woman to serve in the United Nations and to hold a cabinet post under this president.
27. He founded the Southern Christian Leadership Conference
28. George Washington Carver earned a master’s degree in this in 1896.
29. She was the first African American female to become a national news commentator.
30. At age 14, he was lynched in Mississippi for whistling at a white woman.

Down

1. President Kennedy nominated him for Judge of the 2nd Court of Appeals in 1961.
2. In 1950, he became the first African American to receive the Nobel Peace Prize.
3. Founded in 1909 by blacks and whites, it is the oldest civil rights organizations still operating today.
4. Best known for her con-

- tralto singing voice, she was the first African American to become a member of the Metropolitan Opera Company.
6. She graced the “Sports Illustrated” cover with the title “Super Woman” in 1987.
9. Robert Weaver became the first African American cabinet member under which president?
11. He organized the Oct. 16, 1995 Million Man March.
14. He completed the novel “Go Tell It On the Mountain” in 1953.
16. He was the first African American to graduate from Yale and the first to earn a Ph.D. from an American university.
18. The birth name of Malcolm X
19. He founded the Tuskegee Institute in Alabama in 1881.
20. The _____ Freedom Democratic Party was founded at the height of the civil rights movement in 1964.
21. She was born Caryn Elaine Johnson.
24. This South Carolina native was the first African American to be seated as a Representative in the U.S. Congress
25. He was the first African American to win the Congressional Medal of Honor.



Community voices opinions about personnel cuts

Continued from Page 1

installation which supports the Maryland National Guard.

According to Konzelman reductions are necessary to meet the spending levels required by the Budget Control Act of 2011.

“Nearly all Army installations will be affected in some way by the reductions,” Konzelman said, adding that the 2013 Programmatic Environmental Assessment evaluated 21 Army installations and joint bases where Army stationing changes could result in the inactivation and restructuring of brigade combat teams or a combined loss of 1,000 or more Army employees during the fiscal year 2013-2020 timeframe.

“With the deeper reductions now anticipated, the supplemental assessment evaluated the original 21 installations for greater cuts as well as nine additional installations,” he said.

Konzelman said the purpose of the session was to explain what the Army is doing and the process that will be used to reach the stationing decision, which is expected sometime in late spring or early summer.

He said the entire process is driven by the 2011 Budget Control Act and 2012 Defense Guidance reducing the active component (AC) Soldier population from 570,000 to 490,000 and AC Brigade Combat Teams from 45 to 32.

Because the Army faces a difficult fiscal environment and must meet the spending levels required by the 2011 Budget Control Act, the U.S. Army Environmental Command conducted a Supplemental Programmatic Environmental Assessment for Army 2020 Force Structure Realignment in accordance with the National Environmental Policy Act of 1969. The assessment concluded in June 2014.

The Army announced in November 2014 the “Finding of No Significant Impact” environmentally, while conceding that the socio-economic impact of a personnel reduction could be significant.

Konzelman said that while APG was analyzed for the loss of 4,300 positions this does not mean that the installation stands to lose that many.

He said decision-making aids include conducting qualitative analysis which includes evaluating strategic considerations, station recommendations and other quantitative factors.

Before opening the session to comments, Konzelman assured attendees their interests would be taken into consideration and thanked all for attending.

“Thank you for what you do for the Army, this installation and your commu-



Photo by Kristopher Joseph

A local community member voices his opinion about potential personnel reductions at APG during an Army Force Structure & Stationing Listening Session at the Harford Technical High School Amoss Center Jan. 29, as event facilitator Kelly Luster stands at the podium and, from left, Col. Karl Konzelman, Army Force Management Directorate, APG Senior Commander Maj. Gen. Bruce T. Crawford and Garrison Commander Col. Gregory McClinton listen to his concerns.

nity,” he said.

Forecasted to last about two hours, the session stretched nearly three as attendees lined up to have their voices heard.

Harford Community College President Dr. Dennis Golladay called the relationship between APG and the school “enduring and world class,” noting that scientists and engineers from the post often serve as instructors for STEM programs.

“We need to remain strong in STEM fields and these reductions could impact those we’ve come to depend on,” he said.

Michael Parker, a former RDECOM deputy, the first CMA director and a current government contractor, said his company also would be negatively impacted by reductions at APG.

“It would be difficult for us to continue without the same level of technology APG brings,” he said.

Tim McNamara, director of Community/Installation Relations and Infrastructure at JPEO CBD, speaking in an unofficial capacity, talked about the three generations of APG civilians in his family and the need to maintain

a technological edge in today’s global environment.

“It’s really the people who are going to [do] it,” he said, “Not the infrastructure or the equipment. It is civilians working side by side with Soldiers that will make it happen.”

Civilian retiree Charles Nietubicz, who led the supercomputing center at APG’s Army Research Laboratory, before retiring in 2010, talked about the history of supercomputing at APG from the ENIAC to today and said the system at APG is one of the 10 most powerful in the world.

“It’s what we need for the future and we must continue to work that mission,” he said.

APG civilians and contractors – among them several self-described “BRAC [Base Realignment and Closure] survivors” – also added comments. They shared how they had moved to and embraced this community after BRAC closed Fort Monmouth, New Jersey and moved many of its organizations to APG.

Another, a veteran of two combat tours, said he takes pride in designing systems that Soldiers would be proud to

use. Still another, expressed suspicion about the process and concerns that decision-makers realize “real people” will be impacted by their decision.

Among them was CECOM civilian Yvonne Emanuel who said she still maintains two homes and rises at 3:30 a.m. to commute to APG. “Trust is our main concern and our next concern is the mission,” she said.

Crawford thanked attendees and encouraged them to continue to tell the APG story.

“You talked about things that happen here at APG that impact the nation,” he said. “I ask all of you to treat this as a beginning; to tell the story so decision-makers can make informed decisions.”

The Army often invites the public to provide feedback on actions it is undertaking.

Questions or comments may be sent to USARMY.JBSA.AEC.NEPA@MAIL.MIL

For more information, contact the APG Garrison public affairs office at 410-278-1147 or visit <http://aec.army.mil/Services/Support/NEPA/Documents.aspx>.

Snow team works at all hours during winter storms

Continued from Page 1

al clearing begins.

When a heavy snowfall is in the forecast Snow Team members gather provisions such as food, changes of clothes, sleeping bags and toiletries and prepare to camp out overnight in their shops.

At times the call goes out for volunteers to reinforce the primary snow team. This is when fellow DPW workers such as maintenance mechanics, electricians, carpenters, HVAC repairmen and others whose job descriptions make no mention of responding to weather emergencies, augment the forces to support those charged with the mission of keeping the installation operable.

Two of the Roads and Grounds Branch workers are Frankie Thompson and Greg Harrison.

Both tractor operators by trade, the two have seen their share of weather emergencies. Thompson, in his tenth year at APG, came from Fort Meade where he had similar duties.

“Snow removal was always part of our job. At Meade we were “essential personnel,” he said.

Harrison said last year’s winter was one of the toughest he’s faced.

“It was pretty bad, but it was worse in 2010,” he said, noting that he logged more than 100 hours overtime during the February 2010 “Snowmageddon” storms, which brought the snowiest

“They’re all good guys [APG snow team members] and they’ll help anybody...We have a lot of camaraderie and that’s what it takes to get the job done.

Greg Harrison

APG Directorate of Public Works Snow Team member

winter on record to much of the Mid-Atlantic.

Though they “pay attention to the Weather Channel” and local forecasts, team members don’t get actively involved in preparations until the call goes out.

“We’re usually into it a day or two before it hits,” Thompson said.

The team operates two 10 ton trucks, two 20 ton trucks and eight pick-up trucks with snow plows. Preparation includes receiving salt deliveries and making sure all equipment – which includes several salt spreaders – is operational.

They receive a final briefing from Roads and Grounds Branch Chief Rodney Fletcher before determining their



Thompson

best course of action.

“We ride around post looking for ‘hot spots’ that might need extra attention,” Thompson said. “A lot depends on the forecast. If they’re calling for a lot of ice then that changes things.”

He said in order to pre-treat, the precipitation has to start off as snow.

“If they’re calling for snow at midnight, we might pre-treat at 6 p.m.,” he said, adding that teams treat only priority roads and parking lots.

He said two trucks can pre-treat the Edgewood area in four hours.

Once the plowing starts the goals remain the same.

“We try to get down to the asphalt;



Harrison

if the snow continues at a high rate we don’t put any more salt down.

“If it’s supposed to start in the morning, staying over makes sense because we can’t get the post open in just two hours,” Thompson said.

Both men said their families are used to their absences and have learned to adjust.

“I just tell them I won’t be home,” Harrison said, “but I have good neighbors who take care of me. I have a 120-foot long driveway and they both have tractors and rotors.”

“I’ve got a snow blower and shovels,” added Thompson. “But the last couple of times my son has had it cleared by the time I got home.”

They added that some team members and volunteers live long distances from post and most prefer to rough it with the team than try to get to post in the middle of a storm.

“They’re all good guys and they’ll help anybody,” Harrison said, adding that once, after their shift, he took a team member home who lived an hour and 20 minutes away.

“We have a lot of camaraderie and that’s what it takes to get the job done,” he said.

They said team members don’t just take off when they’re done. Many stick around just in case.

“We stay here because a lot could change in an hour,” Thompson said. “It’s part of the job. You just deal with it.”

See Something

Cut along dotted lines and fold in middle for use as wallet reference Card.



Provided by the INTEL DIV/DPTMS

Say Something

Installation Watch Card

Awareness is key! Everyone is a sensor.

Do: Observe and Report

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the Installation.
- Unusual phone calls, messages, or e-mails.
- Unusual contacts on or off post.
- Unusual aerial activity near or around the Installation.
- Any possible compromise of sensitive information.

Do Not

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss FP measures, capabilities, or posture.
- Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police.

APG North 410-306-2222

APG South 410-436-2222

Off post in Md. call 1-800-492-TIPS or 911

Your call may save lives!

SMA recalls humble rise to leadership

Continued from Page 1

tional side,” Odierno said. “In my mind, there is no one more qualified to take on the responsibilities and the challenges our Army faces in the future.”

The general named three such challenges, saying they are concerns he thinks about every day. He said he believes that Dailey will be able to help address those challenges, as did Sgt. Maj. of the Army Raymond F. Chandler III before him.

First, he said, is the continued commitment of Soldiers across the globe -- as many as 140,000 Soldiers are now deployed or forward-stationed. “It’s our responsibility to ensure they have the resources and tools necessary to do their jobs. And that we develop NCOs ... so they are able to lead our Soldiers anywhere.”

Secondly, he said, is the downsizing of the Army. “How do we maintain the strength of our Army by keeping the right NCOs in the force, but while also taking care of those who raised their right hand and were willing to serve this nation in a time of war, and how do we properly transition them and do it the right way?”

Finally, he said, is planning for the future of the Army, to plan for what the Army will need to continue to maintain the security of the United States.

With all of those issues, Odierno said, he believes that Dailey will serve as an advisor and leader to help the Army make the right decisions.

“Sgt. Maj. of the Army Dan Daily is the one who can lead us that way,” he said. “He understands those problems and he understands what it will take. I know his preparation and leadership and experiences will help us to lead

“He brings this broad experience of both understanding the institutional side as well as the tactical and operational side. In my mind, there is no one more qualified to take on the responsibilities and the challenges our Army faces in the future.

Gen. Ray Odierno
Chief of Staff of the Army

this great Army into the future -- and to ensure that this Army will remain the greatest Army in the world.”

Leadership qualities

After being sworn into office, and swapping out his uniform coat for a new one that bears his new rank insignia, Dailey explained how he, a self-described “middle of the road guy,” was able to rise to the highest enlisted position in the Army.

“As a young man I was a pretty average kid,” Dailey said. “I did well in school, but I wasn’t the valedictorian. I was somewhere in the middle of the class. I played high school sports. But I wasn’t a superstar athlete. I couldn’t play in the band -- because I don’t have any musical talent at all. I’m even average by military standards: 5-foot 9-inches, and 161 pounds, as of this morning. I checked. By all accounts I was a poor, average kid from northeastern Pennsylvania.

“How does a middle-of-the-road guy make it to this rank? To represent the finest fighting forces the world has known?” he asked. “The answer is simple. It’s sitting in the seats in front of me. It’s leadership -- leadership from great Soldiers, noncommissioned officers and officers that I served with over the years. These are the people who make Army leaders.”

Daily said leadership is not born, but is rather built.

“I am merely a product of the best the Army has ever had to offer,” he said. “I am grateful for that.”

He thanked the officer and enlisted Soldiers who helped shape his career, as well as civilians in government and those from his home town, including his high school principal. Dailey also thanked his mother for developing in him and his brothers “the ethical and moral foundations we needed. Mom, thank you and I love you.”

He also thanked his father, an Army

veteran who recently passed away.

“He taught us boys a strong work ethic and discipline. And he ensured we all had a sense of patriotism. Dad, rest well, and the boys are all okay.”

He also thanked his two older brothers, saying that as the baby of the family there had been for him both privileges and sacrifices.

“My brothers felt it was their responsibility to begin building my resiliency at a very young age,” he said, drawing laughter from the audience. “In the Dailey house, resiliency is code-word for ‘the punching bag’ during their live re-enactment of Saturday morning episodes of Kung Fu Theater. Brothers, you made me strong. Thank you. But don’t try it now. Combined with years of military service, and the fact of this stage of your life -- the younger samurai now has the advantage.” He mentioned also his younger brother.

He thanked his wife Holly: “I love you for sticking by me for 21 years, and the seven I wasn’t there; but most of all because you’re my best friend. Thank you.”

Finally, he thanked his son, Dakota. “I’m so proud of you ... you’re the reason why I get up every day and work so hard. You really are.”

“All of these people, from the former leaders to my family, made it possible for an average guy to be the representative for a million of the nation’s best and brightest,” Dailey said. “That’s why I’m convinced that anyone can be the sergeant major of the Army. Any Soldier in today’s Army, even an average Soldier like me, has the potential to be an Army senior leader someday. It just requires two things: great leadership and a strong Army family.”

Upcoming local events part of Vietnam War Commemoration

Continued from Page 11

veterans. The subdued outlines of Cambodia, Laos, Thailand and surrounding waters represent the area of operation where U.S. Armed Forces served. The white number “50th” emblazoned over the map, and the outer and inner gold rings which make traditional use of the color to signify the 50th anniversary, symbolize the specific mission of the Department of Defense program as outlined in the Congressional language “to commemorate the 50th anniversary of the Vietnam War.”

■ The green laurel wreath signifies honor for all who served. The seal’s blue background is the same color as the canton in the United States Flag.

Upcoming Events

The Vietnam War 50th Commemoration website includes upcoming commemorative events listed by state. Regional events planned in this area include:

■ **Feb. 9:** James Madison University AROTC will present a history of the war and highlight key events of 1965 at 800 S. Main Street, Harrisonburg, VA, 22807. The welcome and introduction starts 11 a.m. A presentation by History Professor Dr. Gurrier follows 11:15 to 11:45 a.m. From 11:45 a.m. to 12:15 p.m., Several Vietnam veterans and their spouses will talk about their experiences. Lunch, which is free of charge, is 12:15 to 12: 50 p.m., followed by closing comments at 1 p.m. For more information, contact Richard Showalter at 540-568-6048, email rotc@jmu.edu or visit www.jmu.edu/rotc.

■ **Feb. 14:** House Valentine Brunch – The National Society Daughters of the American Revolution (NSDAR) will host Vietnam veterans at 1700 Army Navy Drive, Arlington, Virginia, during a Valentine Brunch. A brief presen-

tation about the war is planned along with introductions of veterans present. For more information contact Rebecca Fitzpatrick at 703-516-9611, email becky_fitz@hotmail.com or visit <http://arlingtonhousedar.org/homepage.htm>.

■ Feb. 24: The National Museum of Health and Science, 2500 Linden Lane, Silver Spring, MD, 20910, will host an educational interaction with the general public to share the mission of the museum through presentations that inspire interest in and promote the understanding of medicine-past, present, and future-with a special emphasis on tri-service American military medicine. The intended focus is to present the history of the Army Nurse Corps during the Vietnam War. For more information, contact Andrea Schierkolk at 301-319-3303, email andrea.k.schierkolk.civ@mail.mil or visit www.medicalmuseum.gov.

■ **March 3:** Wreath Laying – John Q. Smith will host a wreath laying to honor U.S. Air Force POWs of the Vietnam War at 1 Air Force Memorial Drive, Arlington, Virginia. Gen. Mark A. Welsh III, the Air Force Chief of Staff, will lay a wreath to on the anniversary of the shoot-down of 1st Lt. Hayden Lockhart, who became the first Air Force pilot POW of the Vietnam War. For more information, contact John Q. Smith at 202-404-2197, email john.q.smith2.civ@mail.mil or visit <http://www.afhso.af.mil>.

■ **April 18:** Vietnam War Veterans Luncheon – Greenwood Memorial VFW Post 7478, 301 Mill Street, Greenwood, DE, will host a Vietnam War Veterans Luncheon for all veterans in the Department of Delaware to increase fellowship and recognition of war veterans of every era. For more information, contact Harold Mullins at 302-670-6695, or email hmullins0@gmail.com.



Did You Know?



Seventy-two years ago, four chaplains gave the ultimate sacrifice resulting in a special posthumous medal of heroism.

Seventy-two years ago, on Feb. 3, 1943, four Army chaplains – one Jewish, one Catholic and two Protestants – gallantly gave their lives so others might live when the troop convoy ship Dorchester went down in the North Atlantic.

The four chaplains, Lts. George L. Fox of Gilman, Vermont; Alexander D. Goode of Washington, D.C.; Clark V. Poling of Schenectady, New York; and John P. Washington of Arlington, New Jersey, sprang into action in the middle of the night after the Dorchester, which was filled to capacity with more than 900 service men, merchant seamen and civilian workers, was torpedoed by a German submarine.

The ship, a converted luxury liner, was mortally wounded and scores were killed in the initial blast.

According to www.army.mil, the four chaplains are credited with “calming the frightened, tending the wounded and guiding the disoriented to safety.

“Once topside, the chaplains opened a storage locker and began distributing life jackets. When there were no more lifejackets in the storage room, the chaplains simultaneously removed theirs and gave them to four frightened young men. When giving their life jackets, Rabbi Goode did not call out for a Jew; Father Washington did not call out for a Catholic; nor did Fox or Poling call out for a Protestant. They simply gave their life jackets to the next man in line. One survivor would later call it “the finest thing I have seen or hope to see this side of heaven.””

As the ship went down, survivors in nearby rafts could see the four chaplains -- arms linked and braced against the slanting deck. Their voices could also be heard offering prayers and singing hymns.

Only 230 men survived the sinking of the Dorchester.

The four chaplains were posthumously awarded the Distinguished Service Cross and the Purple Heart Dec, 19, 1944. Efforts by Congress to award the Medal of Honor were blocked because their act of heroism was not performed under fire. In their honor, however, a posthumous special medal of heroism – The Four Chaplain’s Medal – was created and authorized by Congress.

The U.S. Army Institute of Heraldry designed the medal, which was intended to have the same weight and importance as the Medal of Honor.

Their surviving next of kin received the medals during a ceremony at Fort Myer, Virginia, Jan. 18, 1961.

The medal, which was created specifically for the four chaplains, never will be given again.

Yvonne Johnson, APG News
Source: www.army.mil; www.en.wikipedia.org



Want to make a difference in how services are rendered at APG? Tell us how we are doing. Visit <http://ice.disa.mil>.

Click on “ARMY” then “Aberdeen Proving Ground.”

APG Snapshot

Take a peek at the events making news in and around U.S. Army Garrison Aberdeen Proving Ground. For complete photo coverage, visit <http://www.flickr.com/photos/usagapg/>.



NOTHING BUT NET

Intramural basketball team I2WD took on ABM Lightning during a game at the APG North (Aberdeen) athletic center Jan. 29. ABM Lightning won the game, 64-37 (Clockwise from top left)

- CECOM employee Marvin Bryan goes up for a layup as ARL employee Brady Butler reaches to block the shot.
- ARL employees Reed Kopp, left, and Brady Butler, right, ready themselves for a jump ball held by referee Mark Beckford.
- CERDEC employee Rickard Joyner dribbles the ball past Iren Artis.
- CERDEC employee Paul Droszcynski, left, and ARL employee Reed Kopp, right, jump for possession of the ball after the shot bounces off the rim.

For more information about the intramural sports program at APG and upcoming leagues, visit www.apgmwr.com or call 410-436-3375 or 410-278-7933.

Photos by Molly Blossse



CHILI COOK-OFF CECOM STYLE

The CECOM Software Engineer Center, Enterprise Information Systems Directorate hosted a Chili Cook-Off team building event Jan. 26. SEC EISD personnel prepared slow-cookers full of their favorite chili recipes, vying for bragging rights and the title of "Grand Champion."

(Right) SEC Information Technology Specialist John "Ken" Smith, right, took home the "Grand Champion" award while SEC Information Technology Specialist Chris Holmes, left, was awarded the "Chili Champ" award by popular vote.

Courtesy photos

